



FUSTINI'S[®]

Whitefish Grenoble

Ingredients

- 1/4 cup flour
- salt and pepper
- 4 6-8 ounce whitefish fillets, skin on, pin bones removed
- 3 tablespoon [Fustini's Delicate SELECT olive oil](#)
- 2 tablespoons butter
- 1 tablespoon shallot, minced
- 1 tablespoon capers
- 2 tablespoons tomato, diced
- 6-8 pieces supreme cut lemon
- 1 teaspoon [Fustini's Sicilian Lemon balsamic](#)
- mixed herbs (rosemary, thyme parsley), chopped

Directions

Step 1.

Season flour with salt and pepper in a shallow plate or bowl. Dredge the whitefish fillets in the flour and shake off excess. Heat 2 tablespoons of Fustini's olive oil in a large skillet over medium-high heat. Once the oil is hot, add the fillets, meat side down, and fry for 6-8 minutes. Turn filets over and finish cooking, another 3-4 minutes. Remove to a serving plate.

Step 2.

Heat remaining tablespoon of Fustini's olive oil in a small sauté pan over medium-high heat. Place 1 tablespoon of butter in the pan and swirl to brown slightly. Immediately add the shallot and sauté for 30 seconds. Add capers, tomatoes and lemon meats and continue sautéing for another minute. Add Fustini's balsamic and sauté another 30 seconds. Remove from heat and swirl in the second tablespoon of butter until sauce thickens. Spoon sauce over the hot fish. Garnish with mixed herbs and serve immediately.