

RECIPE

Serves 4



**THE
BUTCHER
SHOPPE**

Orange Roughy in White Wine

Ingredients

- 4 orange roughy fillets (approx. 1-1/2 lb.)
- 1 cup of medium white wine
- 1/4 cup of all-purpose flour
- Salt and Pepper
- 1 Tbsp. butter
- 1 onion finely chopped
- 1 teaspoon capers (optional)

Preparation

Marinate fish in wine in refrigerator for 15-60 minutes. Drain fish and reserve wine. Pat fish dry and coat with flour seasoned with salt and pepper. Heat butter and gently cook onion 3-5 minutes. Add fillets to pan and fry each side for 2 minutes. Add wine and capers and cook over high heat for 2-3 minutes, until liquid is reduced by half.