

# HADDOCK PICCATA

Yield: (4) 6 oz fillets



**TOTAL TIME:** 30 minutes

## INGREDIENTS

- 4 fresh haddock fillets (about 6 oz each), skinned, halved on the bias (on a 45° angle)
- Sea salt
- Fresh cracked black pepper
- 2 tbsp olive oil, divided
- 2 shallots, minced
- ½ cup dry white wine
- 2 tbsp non-pareil capers, drained
- 2 containers (4 oz each) Wegmans Lemon Butter Sauce (Prepared Foods)
- Pan searing flour
- 1 tbsp Wegmans Basting Oil
- 1 tsp butter
- Flat leaf parsley to garnish

## PREPARATION

1. Heat 1 tbsp olive oil in a medium sized saucepan on medium heat; add shallots. Cook, stirring 2–3 minutes, until lightly browned. Add wine, stirring to loosen browned bits from bottom of pan. Cook on medium-high, 4–5 minutes until liquid is reduced by half. Add capers and lemon butter sauce. Sprinkle with cracked black pepper; bring to simmer. Reduce heat to low. Keep warm as fillets cook.
2. Season fillets with sea salt and cracked pepper and dust with pan-searing flour; pat off excess. Heat remaining olive oil in large skillet on medium-high, until oil faintly smokes; add fillets. Turn over when fillets change color about one-quarter of way up and seared side has turned paper-bag brown, 3–4 min.
3. Reduce heat to medium-low. Cook 2–3 min or until internal temp reaches 120 degrees. (Check by inserting thermometer halfway into thickest part of fillets.)
4. Add basting oil and butter to pan; swirl. Baste with spoon, 1–2 min, until internal temp reaches 130 degrees. Transfer to clean platter; let rest at least 2 minutes. Sprinkle with parsley and serve with sauce.

## NUTRITION

**Per serving:** Calories: 330; Fat: 18 g (5 g saturated fat); Cholesterol: 125 mg; Carbohydrates: .5 g; Protein: 34 g; Fiber: 0 g; Sodium: 620 mg

## APPROXIMATE PRICE: \$29.45 (\$7.36 PER SERVING)

Price estimated comes from [www.wegmans.com](http://www.wegmans.com) and does not include common on-hand ingredients, such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Recipe courtesy of Wegmans