

## SAUTEED SNAPPER

### INGREDIENTS

*SERVES 2*

- |   |                                |
|---|--------------------------------|
| 1 fresh fillet snapper, about 1 pound (can use trigger or flounder) | 1 to 2 teaspoons salted capers |
| 1/4 cup flour   | Thin asparagus, very fresh     |
| 3 tablespoons butter  |                                |
| 1 tablespoon olive oil  |                                |
| 2 lemons, zest and juice  |                                |

Unwrap fillet and place skin side up. To make the skin extra crispy, take the wrong end of a long knife (use the straight edge opposite from the sharp end) and press the knife edge onto the skin and downward the length of fillet, scraping the moisture off the skin of the fish.

Spread the flour on a plate.

In a 9" skillet, set over medium high heat, melt two tablespoons of butter and the oil. While the butter and oil heat, lightly pat flour on both sides of the snapper. Shake off excess flour, and put fish skin side down in the saute pan's sizzling fat. Don't touch the fish for 3 to 4 minutes. Now is when the crusty skin develops.

Carefully place a spatula under the fillet and turn it over. Depending on the fillet's thickness, cook for another 4 to 5 minutes.

During the last few minutes of cooking, after you've turned the fish, place the asparagus in the same pan, on either side of the fish. Move the asparagus around once with a fork or tongs. The aim is to have the fish and asparagus finish at the same time. Very thin, and very fresh, asparagus take less than 2 minutes to cook.

Insert a knife into the fillet to see if it is done. (It should be white and flaky, not red.)

Turn off the heat, put the rest of butter into the pan, and squeeze lemon juice then add zest and capers into the butter. Spoon the sauce on the fish.

Serve piping hot. Do this by bringing the saute pan to the table so your partner can see what you just accomplished. Place half the fillet and half the asparagus spears on each dinner plate.

The whole process might take some practice, but once mastered, you will have dinner on the table in less time than it takes to drink a glass of wine.