



# PAN FRIED HASTINGS FLAT FISH WITH WILD GARLIC CAPER BUTTER

CJ JACKSON  
RECIPE  
CARD

## Ingredients

### Serves 2

4 single plaice or flounder fillets, skinned  
2 tbsp seasoned flour  
55g butter  
1 tsp wild garlic capers  
1 tbsp chopped sage  
Juice ½ lemon  
Salt and freshly ground black pepper

## Directions

- > Roll the plaice fillets in the seasoned flour and shake to remove excess. Lay them in a single layer on a plate until you are ready to cook.
- > Melt half of the butter in a large frying pan, add the olive oil and heat until the butter has just begun to brown. Add the fish fillets and fry for 15-20 seconds on each side or until cooked, keep warm.
- > Wipe out the frying pan and add the remaining butter, heat until it is beginning to brown and then add the capers, herbs and lemon juice. The liquid will bubble up, stir over the heat for a few seconds and whilst it is still sizzling pour over the fish.