

Pan-Roasted Halibut with Prosciutto, Lemon, White Wine, and Capers



Recipe courtesy of Tyler Florence

Show: *How to Succeed in Food* Episode: *Go Fish*

Level: Easy

Total: 35 min

Prep: 15 min

Cook: 20 min

Serv: 2 servings

Ingredients:

- 1/2 cup all-purpose flour
- Salt and freshly ground pepper
- 2 4-ounce halibut fillets
- Garlic
- 2 tablespoons butter
- 2 slices prosciutto, cut into strips
- 1/2 cup white wine
- 1/2 lemon, juiced
- 2 teaspoons capers
- 2 tablespoons shaved fresh Parmesan cheese
- pinch olive oil, for garnish

Directions:

- 1 Preheat the oven to 375 degrees F.
- 2 Put the flour on a clean plate or in a shallow bowl and season with salt and pepper. Dredge the fish in the flour. Put a large skillet over medium-high heat, add 1 tablespoon of oil to the butter and get the skillet hot. Add the fillets and cook until browned on 1 side, 2 to 3 minutes. At the same time, add the prosciutto and cook, stirring, for 5 minutes. Then flip the fish, put the skillet in the oven, and roast until the fish is just cooked through, about 10 minutes.
- 3 Remove the fish to 2 serving plates. Drizzle the prosciutto out onto paper towels to drain. Put the skillet back over medium heat. Add another tablespoon of oil, the white wine, lemon juice, capers, the remaining 2 tablespoons butter and the garlic and bring it to a boil and reduce and thicken. Season with salt and pepper. Pour the sauce over the fish, top with the prosciutto, and serve immediately.

