

Idiot's Kitchen Recipe – Sautéed Fish with Savory Mushrooms

Recipe from www.idiotskitchen.com



Ingredients:

2 thin fish fillets – Sole, Swai, & Tilapia are all good choices
3-4 Tablespoons butter, divided
1 medium shallot, thinly sliced
6-8 mushrooms, thinly sliced (about 1 cup)
½ cup dry white wine
1 Tablespoon capers, drained
Salt & Pepper

Preheat the oven to warm, 175-200 degrees maximum. (This is to keep the fish warm while you make the sauce, not to cook the fish.)

Prepare all of the ingredients and cook any side dishes **before** cooking the fish.

Thinly slice 1 medium shallot and 6-8 button mushrooms. Season the fish lightly with salt & pepper.

Melt 2 Tablespoons of butter in a large non-stick skillet over medium high heat. When the butter becomes foamy, add the fish and sauté quickly – about 2-3 minutes per side, until golden brown. Remove the fish to a plate and place it in the warm oven while you make the sauce.

Add 1-2 Tablespoons more butter to the pan. Add the sliced shallots and mushrooms and sauté over medium high heat until the mushrooms are slightly golden, have wilted, and have given off most of their liquid. Add ½ cup of dry white wine and use a wooden spoon to scrape up any bits from the bottom of the pan. Cook the sauce on medium high heat for 1-2 minutes until the wine is reduced by half.

Add 1 Tablespoon of drained capers and salt & pepper to taste.

Serve the fish with a generous spoonful of mushrooms and sauce. Garnish with fresh parsley, chives, or a juicy lemon wedge.

Serves 2 but this recipe is easily expanded for any number of people. Plan on one nice fillet per person.

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