

# Halibut or Scallops with Lemon Caper Sauce



Made with just a handful of ingredients that are easy to keep on hand, this recipe is quick, easy, and loaded with flavor. If you've ever tried Piccata sauce at an Italian restaurant, this sauce tastes just like it...only better! And once you realize how easy it is to make, you'll be enjoying delicious lemon halibut or scallops again and again.

This recipe is perfect for date nights or even dinner parties. And best of all, it's lightened up from original lemon caper sauce recipes.

Serve it with a simple brown rice medley (such as the one made by Trader Joe's) and roasted asparagus.

Make it extra special by pairing with a crisp, fruity white such as a Sauvignon Blanc; a dry, sparkling wine (a brut using chardonnay grapes); a rosé from France's Rhône valley or a Spanish rosé made from tempranillo grapes.

**Serves 4**

- 1 ½ pounds halibut filet, cut into 4 pieces or 20 Scallops
- 1/3 cup flour for dredging
- Salt and pepper
- 2 Tbs. olive oil
- 1/3 cup chicken broth
- 2 T butter
- 2 cloves garlic, minced
- 3 Tbs. capers, drained
- 4 Tbs. freshly chopped parsley, optional
- Juice of half a lemon, about 2 Tbs

Assemble all the ingredients near the stove.

Place a serving plate in warm oven 125-150 F degrees.

Place the flour in a shallow dish with edges and season with salt and pepper.

Pat halibut filets or scallops dry with paper towels.

Heat oil in frying pan over medium high heat.

Dredge halibut or scallops in flour mixture and place in hot pan.

Cook halibut until golden, about 3 minutes. Turn and cook until other side is golden, being careful not to overcook. The fish is done when it reaches an internal temperature between 130 and 135 F however, to be safe, the current recommendation is to aim for 145 F.

Remove halibut to warm serving plate and allow to rest.

Pour the broth into the pan and stir to get up all the brown bits stuck to the bottom of the pan. Add the butter to the broth and add garlic, capers, and parsley (if using). Simmer 2 minutes. Add lemon juice to pan, stir, and pour over halibut. Serve immediately.

