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www.cullensbutchers.com

PLAICE

Ingredients:

2 Plaice (from Cullens Fish Counter)

1 tsp Capers

Knob of Butter

Half a Lemon Juiced

Flour for coating the fish

Salt & Pepper

1 tsp Oil

Preparation:

Season some flour with a little salt.

Toss plaice in the flour and shake off excess.

Heat the oil in a large pan.

Add the fish and cook skin side down for a couple of minutes.

Turn the fish and cook until golden.

Remove the fish and put onto a warm plate.

Add butter to the pan once melted add some capers and lemon juice.

Swirl the pan.

Spoon juices over the fish and serve.