

Pan-fried Skate, Capers and Sauce Vierge

Ingredients

For the fish

- 50g plain flour
- Salt and white pepper
- 4 skate wings – skinned both sides
- Small splash of oil per portion
- 130g butter
- Juice of ½ lemon
- Small handful of capers
- Sea salt and pepper



For the Sauce Vierge

- 1 bulb of fennel (Florence is good) chopped finely
- 8 ripe tomatoes, skinned, de-seeded and chopped
- 1 garlic clove crushed
- 190ml extra virgin olive oil
- 5 tbsps dry white wine
- 1 tsp sugar
- ½ bunch fresh dill chopped

Method

Sauce

Blanch the fennel in pan of boiling water for 1 minute drain and refresh under cold running water. Drain and pat dry on kitchen paper. Mix fennel, tomatoes, lemon juice, garlic, oil, wine, sugar, salt and pepper together and leave to infuse for two hours.

Fish

Put flour, salt and pepper in shallow bowl. Dredge fish in flour and shake off excess. Heat an oven proof pan that is large enough for your fish to lie flat. Apply a spot of oil and a large knob of butter. When sizzling add skate, slightly shake the pan to stop flesh from sticking. Turn the fish after a few moments

and repeat the shake. Place in a hot oven for about 10mins. Adjust for the thickness of the skate – your skate is done when the flesh comes easily from the bone when prodded with the point of a knife. Remove fish to a warm plate and return pan to the heat. Throw rest of butter into the pan until it foams, squeeze in some fresh lemon juice and throw in a handful of capers. Heat the sauce gently in another pan and at the last moment stir in the dill and check the seasoning. Pour the sauce around the skate and the caper butter over the fish. Serve immediately.

To make this wonderful little masterpiece we used the following items:



Vienna fry pan from Green Pan - *Eco-friendly, healthy and pretty darn good! The Vienna frying pan from Green Pan uses a ceramic based coating, which is safer for you and very green (60% less CO² emissions in the manufacture) which is great for the environment. The non-stick coating is free of PTFE (plastic that used to be used in non-stick coatings) and PFOA, a chemical the body has difficulty processing. The coating is tough, glossy and easy to clean. If overheated the pan still performs well compared to conventional non sticks. Please note, that we all tend to cook with too much heat and this is not an innovation to you to cook at ridiculously high temperatures. It's just comforting to know that if by accident you do overheat your frying pan, the coating will withstand it. (If you'd like to know more about non sticks and how to make them last longer read my report. To do so click on this [link here](#)). The ergonomic handle has a silicone insert for more grip, while the base is thicker for better conductivity of heat. Easy to clean and dishwasher safe (although we would recommend just washing by hand), the pan can go in the oven or under the grill. For more information click [here](#).*



Swift Supreme 14cm saucepan – *So back to other stuff that Paul uses. This little saucepan from the Supreme range from Swift isn't just cute, its practical too. Made from 18/10 stainless steel, the 5mm encapsulated base provides better heat distribution reducing hot spots. Good for sauces or smaller portions. The ergonomic cast stainless steel handle doesn't get hot, unless you put it in the oven (which you can do). Dishwasher safe and easy to clean,*

this pan can be used on any hob surface including induction. Click [here](#) for more information



Joseph Joseph Citrus reamer - *Another clever little gadget from Joseph Joseph. Unlike conventional reamers, this catches the pip and unwanted pulp so you don't have to strain the juice after. Simple but effective. I love it. Click [here](#) to see the product on our website.*