

Brown Butter Perch

Chef John

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Servings: 4

*3/4 cup flour
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon cayenne
pepper
1 pound whole fresh
1/2-inch-thick skinless
perch fillets
2 tablespoons butter
1 lemon, cut into wedges*

Preparation Time: 10 minutes

In a twelve-inch skillet over medium heat, heat the butter until foaming and nut brown in color, about 5 minutes.

Working in batches as necessary, cook the fillets in butter, turning once halfway through, until the fish is lightly golden and flakes easily with a fork, about 4 minutes.

Transfer the cooked fillets to a plate and serve with lemon wedges.

Skinning Fish:

Set the fish, skin side down, on a cutting board. Starting with the end nearest you, work a long, sharp knife between the skin and the flesh, then slice toward the other end, holding on to the skin as you go. With a whole fish, start at the tail end.

Per Serving (excluding unknown items): 140 Calories; 6g Fat (calories from fat); 3g Protein; Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 593mg Sodium
Exchanges: 1 Grain(Starch); Fruit; 1 Fat.