



EASTERN FISHERIES SKATE WITH BROWN BUTTER SAUCE

{ Serves 4-6 }



INGREDIENTS

- 2 lbs. Eastern Fisheries skinless skate wings, cut into 4 pieces
- salt and pepper
- ½ cup unsalted butter
- ¼ cup fresh lemon juice
- ¼ cup capers
- 1 lemon, sliced

DIRECTIONS

1. Heat a large sauté pan on medium heat and add half the butter. When the butter foam subsides, add the skate, reduce heat to medium, and cook until opaque halfway through, about 4 minutes. Turn the pieces with a metal spatula and cook on the second side until the flesh starts to fall off the cartilage, about 3 minutes.
2. Transfer to a warmed platter.
3. Clean the sauté pan with paper towels. Melt the remaining butter over medium heat until it turns brown. Add the lemon juice and capers, swirl the sauce, and pour it over the skate. Serve with lemon slices.

SKATE