

U.S. Farm-Raised Catfish a lá Meunière

When something is cooked a lá meunière, it means in the style of the miller and implies that the food has been dredged in flour.

4 U.S. farm-raised catfish fillets
½ cup flour
2 Tbsp. butter
2 Tbsp. olive oil
½ t. salt
½ t. pepper
Sauce:
¼ cup butter, melted
1 t. capers
½ t. Worcestershire sauce
1 Tbsp. lemon juice

Mix salt, pepper, and flour. Heat butter and oil in a skillet. Dredge fish fillets in seasoned flour and fry until golden brown about 3 minutes. Turn fish over and brown the second side. Mix the melted butter, capers, Worcestershire sauce, and lemon juice. Drizzle sauce over the fish.