

# Pan-Seared Skatewing with Brown Butter and Capers













# Instructions

1. Pat skate dry and season with salt and pepper.
2. Heat olive oil in a skillet over medium heat. Sear skate for 3–4 minutes per side until golden. Remove and set aside.
3. Add butter to the pan and cook until it browns slightly. Add capers and lemon juice.
4. Pour the brown butter sauce over the skate and serve with a side of roasted vegetables or potatoes.

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