

Halibut and Capers paired with ArborBrook *Croft Vineyard* Pinot Gris

Ingredients

- 1/2 cup all-purpose flour
- Sea salt
- Freshly ground pepper
- Johnny's Garlic Herb Seasoning
- 2 (6-ounce) halibut fillets or firm white fish thick cut
- Extra-virgin olive oil
- 3 tablespoons butter
- 1/2 cup Croft Pinot Gris
- 1/2 lemon, juiced
- 1 - 2 tablespoon capers
- 4 tablespoons chopped fresh flat-leaf parsley

Directions

Preheat the oven to 375 degrees F.

Put the flour on a deep plate or in a shallow bowl. Season the fish with sea salt, fresh ground pepper, & Johnny's Garlic Herb Seasoning. Dredge the fish in the flour. Put a large skillet over medium-high heat, add 1 tablespoon oil and the butter and get the skillet hot. Add the fillets and cook until browned on 1 side, 2 to 3 minutes. Then flip the fish, put the skillet in the oven, and roast until the fish is just cooked through, about 10 minutes max for thick cuts.

Remove the fish to 2 serving plates. Put the skillet back over medium heat. Add another tablespoon olive oil, the white wine, lemon juice, capers, the remaining 2 tablespoons butter and bring to a boil; boil until reduced and thickened. Include the flat-leaf parsley and season with salt and pepper to taste. Pour the sauce over the fish and serve immediately.

Wonderful with a side Caesar salad or citrus basil rice, crusty bread, and of course a chilled glass of ArborBrook Croft Vineyard Pinot Gris.