



Halibut Cheeks Picatta

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Ingredients

- 1 lb Halibut cheeks
- 1/2 cup all-purpose flour or potato flour
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon sweet paprika
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1/4 cup chicken or vegetable broth
- 1/2 cup dry white wine
- 3 tablespoons lemon juice
- 3 tablespoons capers or green peppercorns
- Chopped fresh parsley

Directions

1. Rinse the halibut cheeks and pat dry. In a bowl, combine flour, salt, pepper, and paprika. Dredge the halibut cheeks in the flour mixture.
2. In a large skillet over medium-high heat, heat the oil and butter until the butter melts and starts to bubble. Add the halibut cheeks and cook for about three minutes per side or until golden brown. Remove from the pan and keep warm.
3. Add the broth and wine to the pan and bring to a boil. Scrape any browned bits from the bottom of the pan. Lower the heat and simmer until the liquid is slightly reduced, about three to four minutes. Add the lemon juice, capers or green peppercorns, and the remaining butter and stir until the butter has melted.
4. Place some sauce on each plate and top with halibut cheeks and garnish with the chopped fresh parsley. Serve with rice or crusty bread.

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