

*Start with the presentation side (the side that faces the diner) of the fish down so that you can take advantage of the pan's initial heat for a perfect, evenly golden-brown crust.*



## Pan-Roasted Halibut with Prosciutto, Lemon, White Wine and Capers

*Yields 2 servings*

½ cup all-purpose flour	½ cup white wine
Salt and freshly ground black pepper	Juice of ½ lemon
2 6-ounce halibut fillets	2 teaspoons capers
2 tablespoons extra-virgin olive oil	2 tablespoons chopped fresh flat-leaf parsley, plus whole sprigs, for garnish
3 tablespoons butter	
2 slices prosciutto, cut into strips	

Preheat oven to 375 degrees. Put the flour on a deep plate or in a shallow bowl and season well with salt and black pepper. Dredge the fish in the flour. Put a medium oven-safe skillet over medium-high heat, add 1 tablespoon oil and 1 tablespoon butter and get the skillet hot. Add the fillets, skin sides up, and cook until browned on one side, 2 to 3 minutes. At the same time, add the prosciutto and cook, stirring, to brown. Then flip the fish, put the skillet in the oven and roast until the fish is just cooked through, about 10 minutes.

Remove the fish to two serving plates. Drain the prosciutto on paper towels. Put the skillet back over medium heat. Add the remaining oil and butter, white wine, lemon juice, capers and parsley and bring to a boil; keep at a boil until reduced and thickened. Season with salt and black pepper to taste. Pour the sauce over the fish, top with the prosciutto, garnish with parsley sprigs and serve immediately.

From "Food Network Favorites."