

Pescatrice in guazzetto



INGREDIENTS

600 gr/ 24 oz Angler fish
A pinch of saffron powder or saffron filaments
1 tablespoon of capers
1 chopped tomato
1 tablespoon chopped parsley
1 clove of crushed garlic
1\2 glass of white wine
Juice of 2 lemons
100 gr/4 oz. Butter
1 tablespoon flour
4 Table spoons
Extra virgin Olive oil

Preparation

Cut the anglerfish into 6 oz slices, sprinkle some salt to taste and flour it on both sides. Soak the saffron in 1\2 a cup of hot water. Melt 2 oz. butter and 4 tablespoons of olive oil in a pan on medium heat, when the butter is melted stir in the crushed garlic, place the fish in the pan and cook for 3 minutes, turn over, cook for another 3 minutes, splash with the wine. Add the saffron turning the fish so that it absorbs the saffron, Add the lemon juice and the capers, simmer for 2 minutes turning the fish over. Melt in the rest of the butter. Add the chopped tomato and parsley. Stir and serve immediately.