

Cod recipe: Pan-fried skrei fillet with butter, capers and lemon

Serves 4



Hanging out with Harry Styles

YouTube prankster Ben Phillips found himself watching the Rugby World Cup with Dan Stevens and Harry Styles

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50ml olive oil

4 x 180g skrei fillet, de-scaled but with the skin left on

400g unsalted butter

60g salted capers

a handful of fresh parsley, finely chopped

the juice of 2 lemons

Drizzle olive oil on to the fish fillets and season. Gently heat a non-stick frying-pan and add the fish, skin down, and cook until the skin starts to colour and turn golden and crisp. Turn up the heat slightly and add the fresh butter and after a couple of minutes, turn the fish over. Finish cooking until the butter begins to turn brown (be careful not to let it go black). Add the capers, chopped parsley and finish with a good squeeze of lemon juice to deglaze the pan. Remove the fish from the pan and serve immediately with a piece of fresh baguette to mop up the buttery juices. You could also serve the skrei fillet with mashed potato and spinach.

Wine choice 2007 *The Money Spider Roussanne, d'Arenberg, McLaren Vale, South Australia* £9.04, Bibendum Wine (bibendum-wine.co.uk). The capers are the main worry for your wine. I'd avoid anything overtly oaky. Oak and salty things are generally bad news. You do, though, want some weight and power. The Money Spider is a cracking example of this esoteric grape, being rich, honeyed and complex, but with a bite of fresh acidity to tackle the buttery sauce.

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