Codfish with a Caper Sauce

Makes 2 servings

4 tablespoons extra virgin olive oil OR organic butter (or a mixture of both)

¾ pound cod fish fillet (thick)

Sea salt and freshly ground black pepper

3 tablespoons capers with their vinegar

Juice and zest of ½ lemon

Chopped parsley for garnish

Heat the oven to 200°F. Place a clean ovenproof platter inside.

Heat oil and/or butter in a large, heavy skillet over medium-high heat. Season fish to taste with salt and pepper, then sauté, undisturbed. Peek under after four minutes or so. Once the fish has a golden crust, flip it over and cook the second side. Transfer to the platter in the oven.

Splash a bit more oil/butter in the pan, add wine and reduce by half. Add capers and juice and boil a bit more. Pour over the fish, then finish with lemon juice, zest, and chopped parsley. Serve at once.

The CARB Syndrome Project| Heal Your Brain and Body Naturally | Copyright 2012 | All Rights Reserved | CARBSyndrome.com