



Trout in White Wine Caper Sauce

Pairs well with Peter Vella Chardonnay.

Ingredients

- 1/2 cup Flour
- 1/2 tsp. Salt
- 1/2 tsp. Pepper
- 2 Trout, about 1/2 lb each, cleaned, scales and head removed
- 1 Tbsp. Olive oil
- 1 cup Peter Vella® Chardonnay
- 2 Tbsp. Lemon juice
- 3 Tbsp. Butter
- 2 Tbsp. Capers, roughly chopped
- Salt and pepper to taste

(serves 6-8)



Directions

- Preheat oven to 250 degrees.
- In a small bowl, mix together flour, 1/2 teaspoon of salt and 1/2 teaspoon of pepper.
- Spread flour mixture onto a large plate.
- Lay trout flat, with skin on one side.
- Coat each side in flour mixture. Repeat with other trout.
- In a large skillet, over medium-high heat, add the olive oil.
- Add the trout skin side down and cook for three minutes.
- Turn trout over and cook for two minutes more.
- Remove from skillet, and place on baking dish skin side up and keep warm in the oven.
- Using the same skillet over medium-high heat add the wine and lemon juice and let cook until reduced by half.
- Turn off heat and quickly mix in butter and capers.
- Remove trout from the oven. Remove skin and discard.
- Serve trout, with browned side up and desired amount of caper sauce.

Peter Vella

