Grenobloise

Grenobloise is a classic French sauce, composed of capers, brown butter or "beurre noisette" and lemon. In the realm of classic French cuisine, any preparation bearing the designation grenobloise—literally, "of Grenoble", a city in southeastern France—is served with a sauce of browned butter, capers, parsley, and pieces of lemon.

Yield: serves 2
Ingredients

- 2 whole skinless (pavé) Halibut filets (about 8 oz. each)
- Kosher salt and freshly ground black pepper to taste
- ¼ cup milk
- **½** lemon
- ½ cup flour
- 2 tbsp. clarified butter (I used 2 tbsp. olive oil and 2 tbsp. of unsalted butter instead)
- 4 tbsp. unsalted butter (President)
- 4 tsp. capers, drained
- 2 tsp. coarsely chopped flat-leaf parsley

Instructions

1. Season halibut filets with salt and pepper; put them into a shallow dish. Cover with milk; set aside.

2. Using a knife, cut lemon in half; remove segments by slicing between membranes. (Reserve the other half for another use.) Put flour on a plate; set aside.

3. Heat oil and butter (or more butter if needed as you cook if there's not enough when you baste) in a large skillet over medium-high heat. Remove filets from milk; dredge both sides in flour, shake off excess, and add to skillet. Cook, turning once**, until golden brown, about 3-4 minutes per side until an internal temperature of 130-135 is reached. Transfer to plates; cover with foil to keep warm.

4. Wipe pan and add 4 tbsps. of remaining butter to skillet; cook, stirring, until it turns a deep brown and smells nutty, about 3 minutes. Remove from heat and stir in lemon pieces, capers, and parsley; swirl skillet to combine. Spoon sauce over halibut. Serve immediately.

*** I used David's technique of tilting the pan with a ring (you could use anything stainless) and moving the fish towards the middle of the pan while basting the fish by spoon with butter (you can add more) at the bottom. It worked perfectly.*

You can use this recipe with other fish like sole, but fold the thin tapered ends under to create an even thickness.