

Seared Tilapia with Lemon Caper Sauce

2 pounds Tilapia or other white fish
½ cup all purpose flour
12 tablespoons(about) chilled butter
¾ cup canned low-salt chicken broth
4 tablespoons fresh lemon juice
2 tablespoons drained capers
1 tablespoon tumeric
½ diced red pepper
1 tablespoon tarragon
1 teaspoon garlic

Coat Fish with flour; shake off excess. Melt 1 tablespoon butter in large skillet over medium-high heat. Working in batches, add lamb to skillet and cook until Golden and beginning to shrink, about 3 minutes per side, adding more butter to skillet as needed. Transfer Fish to platter; cover to keep warm. Add diced peppers, broth to skillet; boil until reduced to generous 1/3 cup, scraping up any browned bits, about 2 minutes. Add lemon juice. Reduce heat to medium-low; add tarragon and the rest of the butter ½ tablespoons at a time, whisking until melted before adding next piece. Stir in capers and garlic. Season with salt and pepper. Pour sauce over Fish and serve.