



Crystal's Adelita Fish à la Columbia

Sauce

- 1/4 cup butter
- 2 tablespoons finely chopped shallot
- 1/4 cup finely chopped garlic
- 6 tablespoons fresh lemon juice
- 3 tablespoons dry white wine
- kosher salt and pepper to taste
- 2 tablespoons chopped sun-dried tomatoes
- 6 artichoke hearts, drained and chopped to taste
- 1 small can of hearts of palm, drained
- 2 tablespoons cold butter, cut into pieces

Fish

- 1 cup all-purpose flour, or as needed
- 1 teaspoon seasoned salt, or to taste
- 2 (3 ounce) fillets of white fish such as mahi mahi, red snapper, orange roughy or grouper
- 1 tablespoon olive oil

Directions

1. Melt 1/4 cup butter in a large skillet over medium heat. Cook and stir shallot and garlic in butter until soft and fragrant, about 5 minutes.
2. Pour lemon juice and white wine into the skillet; season with kosher salt and black pepper. Cook the liquid at a simmer, stirring occasionally, until the liquid reduces enough to stick to the back of a spoon, 20 to 30 minutes.
3. Stir tomatoes and artichoke hearts into the reduced sauce; cook until warmed, 2 to 3 minutes more. Remove skillet from heat, add cold butter pieces, and swirl skillet off heat until the butter melts and emulsifies into the sauce.
4. Stir flour and seasoned salt together in wide, shallow bowl. Dredge mahi mahi fillets in flour mixture to coat.
5. Heat olive oil in a separate skillet over medium heat. Pan-fry fish in the oil until the fish flakes easily with a fork in the center, 3 to 5 minutes per side. Transfer mahi mahi to a platter; top with the sauce.

Recipe courtesy of DressedHerDaysVintage.com, in memory of Wyndy Greene Smelser