

**You will need:** a frying pan, a spatula, olive oil, two thin, boneless, skinless fillets of firm white fish (e.g., tilapia, sole, cod, rockfish, snapper), salt and pepper, dry vermouth, the juice of half a lemon, a heaping spoonful of capers, one pat of butter

Step  
1



**Rub oil** on both sides of the fillets, then season with **salt and pepper**.

Step  
2



Heat the frying pan over **medium heat** for about four minutes. Once it's almost smoking, add the fish.

Step  
3



Cook without touching the fillets for about three minutes, or until the **edges are turning white** and the fillets are a little brown on the bottom. **Flip** and cook the other side for about two minutes. **Remove** the fish from the pan.

Step  
4



Cover the bottom of the pan with a couple of glugs of **vermouth**. Add the **lemon juice and capers**. Mix with the spatula, lightly scraping up any bits that might have stuck to the pan.

\*From the store to the kitchen to the table: We outline the steps that get you from raw ingredients to your dinner tonight, free of measurements and complicated techniques. It's a method you'll remember and whip out whenever you like. It is the most basic way to make the thing you're making.

Illustrations by Bill Russell. Find this online at [www.chow.com/stories/11636](http://www.chow.com/stories/11636).

Step  
5



Turn off the heat, swirl in the **butter**, and season with **salt and pepper**.

Step  
6



Pour the sauce over the **fish** and serve.