



While hunting around the discounts at the local supermarket we found Ray Wings at less than £1 each. Sue isn't keen on fish generally, but this was a meaty fish a little like Tuna.

Ingredients:-

1 Ray Wing per person

Plain flour (We used Gluten free but there is no difference as far as this recipe goes)

Salt and Pepper

Garlic Salt

Chilli Flakes

Onion Salt

Crushed fresh Garlic

50g of Butter

2 tbsp Capers

Soy Sauce

Chopped Parsley

1 Lemon, ½ Juiced and ½ cut into wedges

Method:-

(1) Marinated the Ray Wings in Soy Sauce and crushed Garlic.

(2) Season the flour with the Salt, Pepper, Garlic Salt, Onion Salt and Chilli flakes.

(3) Dredge the fish in the flour mixture until completely coated.

(4) Place a frying pan on a high heat and add ½ of the butter.

(5) Let sizzle and add the fish. Cook for 4 to 5 minutes flipping until golden brown on both sides.

(6) Keep warm under the grill.

(7) Place the pan back on the heat and add the remaining butter.

(8) Add the Capers and then the Parsley. Season with Salt.

(9) Squeeze the ½ lemon juice and stir.

(10) Spoon over the fish.

We served ours with Peas and New Potatoes and dressed the fish with the remaining Lemon wedges.