

# SKATE WING WITH SPINACH PROVENCAL

Have you ever gone into your local fish market and seen that weird looking fish that looks sort of like a fan? Well, that's skate wing. It's a surprisingly inexpensive fish considering how delicious it is. It's a light, succulent fish that holds up beautifully when sautéed in butter. It's part of the ray family and can be found in east coast waters.

I like to serve it alongside spinach Provencal, a classic vegetable dish I learned way, way back in my college days. Give it a try!

## INGREDIENTS (serves 2)

### FOR FISH

1 skate wing (have your fishmonger remove the cartilage)

$\frac{1}{2}$  cup flour

1 egg, beaten

$\frac{1}{2}$  cup panko

1 tablespoon [Gustus Vitae "Taste of Provence"](#) seasoning (or your favorite spice blend)

Salt and pepper to taste

4 tablespoons butter

### FOR SPINACH

1 package pre-washed baby spinach (5 oz)

1 shallot, chopped

3 cloves garlic, chopped

1 egg, beaten

$\frac{1}{4}$  cup Parmesan, grated

Salt and pepper to taste

1 tablespoon butter

1 scallion, chopped for garnish.

### PREPARATION

Set up three shallow bowls—one for flour, one for the beaten egg, and one for the panko. Split the spice blend evenly into each of the three bowls and mix. Season each with salt and pepper.

Dredge the fish first in the flour, then the egg, and then the panko. Set aside.

Heat a large skillet on medium heat. Melt 2 tablespoons of butter. Gently place the skate wing in the skillet and cook for 4 minutes. Using a large spatula, lift the fish, add 2 tablespoons of butter into the pan, then gently flip the fish, trying to keep it in one piece. Cook for another 4 minutes.

Remove the fish and set aside on a plate while you make the spinach.

Using the same skillet, melt 1 tablespoon of butter. Add the shallot and sauté for 2-3 minutes. Add the garlic and sauté for one minute. Add the spinach and cook until it has wilted, about 1-2 minutes. Add the egg and Parmesan and mix with tongs until the egg has cooked, about 1-2 minutes.

TO PLATE: Use a large platter and place the fish on one side and the spinach on the other. Garnish the fish with scallions. (NOTE: If the fish has cooled down too much, place in microwave for no more than thirty seconds to reheat).