

CLASSIC SOLE MEUNIÈRE

BY MOLLY WIZENBERG BON APPÉTIT APRIL 2010



If possible, buy wild Pacific sole. Avoid Atlantic sole, which is overfished.

YIELD: Makes 2 servings

INGREDIENTS

Fish:

- 1/2 cup all purpose flour
- 4 sole fillets (each about 3 to 4 ounces)
- Coarse kosher salt
- Freshly ground black pepper
- 2 tablespoons vegetable oil or canola oil
- 2 tablespoons (1/4 stick) unsalted butter

Sauce:

- 1/4 cup (1/2 stick) unsalted butter, cut into 4 pieces
- 2 tablespoons chopped fresh Italian parsley
- 1 tablespoon fresh lemon juice
- Lemon wedges

PREPARATION

For fish:

Place flour in pie dish. Rinse fish; pat with paper towels. Sprinkle both sides of fish with coarse salt and freshly ground pepper. Dredge fish on both sides with flour; shake off excess. Place on platter.

Heat oil in large skillet over medium-high heat until oil is hot and shimmers. Add butter; quickly swirl skillet to coat. When foam subsides, add fish and cook until golden on bottom, 2 to 3 minutes. Carefully turn fish over and cook until opaque in center and golden on bottom, 1 to 2 minutes. Divide fish between 2 warmed plates; tent with foil. Pour off drippings from skillet; wipe with paper towels.

For sauce:

Place skillet over medium-high heat. Add butter; cook until golden, 1 to 2 minutes. Remove from heat; stir in parsley and lemon juice (sauce may sputter). Spoon sauce over fish. Serve with lemon wedges.