



Fast and Easy Pan Fried Dover Sole

Pan-Fried Dover Sole with Lemon and Capers. For gluten free option, coat fish with rice flour. For Whole30 or Paleo options, omit flour and saute fish in clarified butter or ghee.

Course: Entree

Cuisine: Fish

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Ingredients

- Sole filets 4-5 ounces each
- Flour for dredging (use rice flour for a Gluten-free version)
- Juice of one lemon
- 1/4 cup of capers plus some juice
- 6 tablespoons unsalted butter divided
- Parsley chopped for garnish
- Salt and pepper

Instructions

1. Dredge filets in flour, season with salt and pepper.
2. Heat 2 or 3 tablespoons of butter in a large skillet over medium heat, until melted. Quickly fry filets, 2 or 3 at a time for 3 or 4 minutes per side, depending on thickness, until golden brown on both sides. Remove fish, cover and keep warm.
3. Melt 2 or 3 more tablespoons of butter, swirl in pan, scraping up bits, add the lemon juice, capers and season with salt and pepper if necessary. Serve over fish. Sprinkle with chopped parsley.