



## **DOVER SOLE MEUNIERE**

**Yield:4**

Meunière translated in French means the “Miller’s Wife”. In cooking terms, it just means dusted with flour and cooked in butter.

8 fillets Dover sole

- 1/2 cup flour, for dredging (125 ml)
- Coarse salt and freshly cracked pepper, to taste
- 6 tbsp butter (90 ml)
- 1/4 cup lemon juice (60 ml)
- 2 tbsp chopped parsley (30 ml)

Our Pacific Dover Sole is extremely delicate but eats like nothing else you’ve ever tasted. Your pan must be **hot** and you must allow the sole to brown before attempting to turn.

### **Directions:**

1. Add flour to a plate or baking dish. Season the flour with salt and pepper. Season fish and dredge in the seasoned flour mixture.
2. Heat a large skillet over high heat. Add 2 tbsp butter to hot skillet. Sauté fish filets in 2 batches. Cook until golden on each side and just cooked through, about 4 minutes total cooking time. Transfer fish to plate and keep warm.
3. Place the skillet back over medium heat. Add remaining butter and cook until golden in color. Add the lemon juice. Bring to a boil and add the parsley. Season the sauce to taste. Pour the warm sauce over the fish. Serve immediately.