

Sole meunière



Method

1. Check the fish for small bones and pull any out with tweezers. In a large shallow bowl, season the flour with a little salt and black pepper. Toss the fish in the flour, coating well, and shake off any excess.
2. Heat the oil in a large frying pan. Add the fish and cook, skin-side down, for 2 mins. Use a fish slice or large spatula to turn, then cook the other side for 1-2 mins until golden.
3. Remove the fish to a warmed plate, then season. Wipe out the pan with kitchen paper. Return the pan to the heat, then add the butter. Heat until it melts and begins to turn a light brown, then mix in the lemon juice and capers, if using. Swirl in the pan for a few secs, return fish to the pan and spoon over any juices. Serve immediately.



Ingredients

- 4 fillets sole or plaice, skin-on
(about 140g/5oz each)
- 6 tbsp plain flour
- 3 tbsp light olive oil or sunflower oil
- 85g butter, ideally unsalted
- 1 lemon, juice only
- 2 tbsp small caper (optional)