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Sole Meunière

Dover sole is a remarkable fish—meaty and succulent, but with a delicate flavor. When it comes to cooking it, the simplest way is the best, as in this classic French preparation where butter and lemon subtly enhance the taste and texture.

SERVES 6

INGREDIENTS

6 (4 to 6-oz.) boneless, skinless filets sole
Kosher salt and freshly ground black pepper, to taste
½ cup flour
10 tbsp. unsalted butter
3 tbsp. finely chopped parsley
½ lemon, thinly sliced crosswise

INSTRUCTIONS

1. Season filets on both sides with salt and pepper. Place flour on a plate and set aside. Heat 4 tbsp. butter in a 12" skillet over medium-high heat. Working in batches, dust filets in flour, shaking off excess, and then place in skillet; cook, turning once, until browned on both sides and just cooked through, about 6 minutes. Transfer filets to warm serving platter or individual plates; sprinkle with parsley.

2. Wipe skillet clean and return to heat with remaining butter; cook, swirling pan, until butter begins to brown. Add lemon slices, cook until heated through, and then pour evenly over filets. Serve immediately with lemon slices.



Credit: Landon Nordeman

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