



Sole Meuniere

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 6 people

Ready in: 20 minutes

Fresh Seafood



6 fillets sole, petrale or dover

Ingredients

½ cup milk
1 cup flour
¼ tsp salt
pinch of pepper
3 tbsp butter
2 tbsp parsley, chopped fine
juice of ½ lemon
sesame oil

Instructions

1. Soak sole in milk for 5 minutes, then pat dry. Combine flour, salt and pepper. Turn sole in flour mixture. Pour ¼ inch of peanut oil in the bottom of a skillet and cook fillets on high heat until brown on both sides. Set fillets aside.
2. Melt butter until it starts to brown, then brown, then pour over sole. Pour lemon juice over sole and sprinkle with parsley. Garnish with lemon slices dipped in finely chopped parsley. Sprinkle with toasted almonds and you have a whole new dish!