

## *Idiot's Kitchen Recipe – Sole Meuniere with lemon and butter*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



### Ingredients:

2 -3 Sole Fillets, boneless and skinless – other thin, white fish such as Swai & Tilapia will also work.  
3-4 Tablespoons butter  
½ cup flour  
½ cup dry white wine  
1 lemon  
2-3 Tablespoons fresh parsley, finely chopped  
Salt & Pepper

Because this dish cooks so quickly, be sure you have everything else you are serving ready to go before you begin to cook the fish. Preheat the oven to 200 degrees and warm the plate or platter on which you plan to serve the fish.

Place ½ cup flour on a plate or shallow dish and season liberally with salt & pepper. Gently dredge the fish fillets coating both sides. Gently shake off any excess flour.

Melt 2-3 Tablespoons of butter in a large (preferably non-stick) pan. When the butter is foamy, add the fish and cook quickly over high heat until golden brown on both sides. This takes only about 3 minutes per side. You might need to add 1 more Tablespoon of butter to the pan when you turn the fish. If the butter seems to be getting overly brown, turn the heat down to medium when you turn the fish.

When the fish is golden brown, remove it to the warm platter, return it to the oven but turn the oven OFF.

If you haven't already done so, turn the heat on the pan down to medium. Make a quick sauce by adding ½ cup dry white wine and the juice of 1 lemon to the pan. Cook only 1-2 minutes for the sauce to come together and slightly thicken.

Spoon the sauce over the fish and garnish with the fresh parsley. Serve immediately.