

Pan Seared Lemon Sole





Instructions

1. Preheat 2 medium skillets over low/medium-low heat for 5 minutes
2. While those heat, blot filets with a paper towel and season the filets on both sides with salt and pepper (if the tail tapers down thin, tuck it under the rest of the filet to get uniform thickness). Dredge the filets in flour shaking off excess
3. Raise the heat to medium high in the skillets and add 1 tablespoon of butter to each
4. When the butter stops foaming add 2 filets to each skillet, tucked side down and cook shaking the skillet occasionally, filets will reach golden brown at about 2 minutes
5. Turn off the heat and flip the fish and allow the to cook in the residual heat, about 2 minutes more
6. Transfer the filets to 4 warm plates and cover loosely with foil
7. Add lemon juice and water to one of the pans on very low heat, while moving the skillet in a circular motion, add the remaining 3 tablespoons butter little by little until melted and a smooth creamy sauce is formed
8. Stir in the parsley and thyme and salt and pepper to taste
9. Spoon the sauce over each filet and serve immediately

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