

Dover Sole w/ Lemon Butter Sauce



Serve over sautéed spinach and lots of warm, crusty bread to soak up the sauce

Serves 4

1/2c flour	2T butter	2T Italian parsley, chopped
4 sole filets, 5~6 oz each	SAUCE:	1T lemon juice
salt and pepper	1/4c butter, cut into 4 pieces	1t lemon zest
2T canola oil		lemon wedges, for garnish

Place flour on large plate. Rinse fish with water and pat dry with paper towels. Sprinkle fish with salt and pepper. Dredge both sides of fish in flour.

Heat oil in large skillet over medium~high heat. Add butter. Add fish and cook until golden, about 2~3 minutes. Flip fish and cook until opaque in center, approximately 1~2 minutes.

Place fish on plates and cover loosely with foil while sauce is cooking.

Pour drippings out of skillet. Add remaining butter to skillet and cook 1~2 minutes. Remove from heat, stir in parsley, lemon juice and zest. Spoon sauce over fish and serve with lemon wedges.

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