

# Sole Meuniere

## Ingredients

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1/2 c Flour  
8 Sole Fillets (4 ounce each)  
6 T Unsalted Butter  
1 t Lemon Zest  
6 T Lemon Juice  
2 T Parsley (minced)  
2 t Salt  
1 t Ground Black Pepper

## Instructions

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1. Combine the flour, 2 teaspoons salt, and 1 teaspoon pepper in a large shallow plate. Pat the sole fillets dry with paper towels and sprinkle one side with salt.
2. Heat 3 tablespoons of butter in a 12-inch cast iron pan over medium heat until it starts to brown. Dredge 4 sole fillets in the seasoned flour on both sides and place them in the hot butter. Lower the heat to medium-low and cook for 2 minutes.
3. Turn carefully with a metal spatula and cook for 2 minutes on the other side. While the second side cooks, add 1/2 teaspoon of lemon zest and 3 tablespoons of lemon juice to the pan.
4. Carefully put the fish filets on serving plate and pour the sauce over them. Repeat the process

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with the remaining 4 fillets. When they're done, add the cooked fillets to serving plate and pour over the sauce. Sprinkle with the parsley, salt, and pepper and serve immediately.