

Lemon Sole Meunière

I've heard it claimed by my favourite fishy chef that the best way to cook Lemon Sole is to grill it on the bone. Whilst I agree with that treatment being the most appropriate for Dover Sole, my taster and I both prefer Lemon Sole done like this.

Planning

serves:	4
prep time:	45 mins
cooking time:	5 mins

Ingredients

4 Lemon Sole
5 tbs plain flour
½ tsp salt
½ tsp black pepper
1 tsp ground paprika
1-2 ozs unsalted butter

Method

Fillet each sole and skin each fillet. Trim each fillet of the fan-like flesh from the outside edge; it falls off anyway during cooking and looks ugly! (Use the heads, tails, frames and trimmings of the fish to make stock - it's great for the bouillabaisse.)

Before you start cooking the fish, make sure your vegetable accompaniments are cooked and keeping warm.

Mix the seasonings (adjust to taste) with the plain flour on a dinner plate. Melt the butter in a large frying pan over moderate heat. Lightly dust each sole fillet with seasoned flour; patting off any excess. Do only as many fillets as can be cooked in one batch. Being careful not to overcook the fish, quickly fry each fillet on both sides. Between 1 and 2 minutes a side should do nicely. Repeat until all the fillets are done.

Try this with the Vegetables for Fish.