

U The Lexingtonienne U

SOLE MEUNIERE

Adapted from the Barefoot Contessa

- 1/2 C flour
- 2 tsp salt
- 1 tsp black pepper
- 4 (3-4 oz) sole fillets
- 6 Tbsp butter
- Juice of 1 lemon*
- Chopped fresh parsley

**Barefoot Contessa actually calls for the juice of about 3 lemons, plus a teaspoon of grated lemon zest. Personally I think that would be too much, but if you are a big lemon fan, go for it.*

Preheat oven to the lowest possible setting, and place 2 heatproof plates on the center rack.

Combine the flour, salt, and pepper on a plate or shallow bowl. Pat the sole fillets dry with a paper towel.

Heat 3 Tbsp butter in a large (12 inch) skillet over medium heat until the butter just begins to brown. Dredge 2 sole fillets in the flour and place them in the hot butter. Reduce the heat to medium-low, and cook for 2 minutes. Gently turn the fillets over and cook for 2 minutes on the other side. While the second side cooks, squeeze the juice of 1/2 of the lemon into the pan. Place the fillets on the plates in the oven, and repeat the process with the remaining 2 fillets. When the second set of fillets are cooked, transfer them to the plates, give the pan sauce a little stir, and pour it over the sole fillets. Sprinkle with parsley and serve immediately. Serves 2.

