

KOHLER FOOD & WINE

Sole Meunière

Amanda Langler, Executive Chef
Bartolotta's Lake Park Bistro

INGREDIENTS:

1 pound fresh Dover sole, dressed and skin removed (may substitute any flat white fish, cook times may vary)
2 tablespoons neutral cooking oil (corn, avocado, or canola oil)
½ cup Wondra flour or all-purpose flour
6 tablespoons unsalted butter
Juice from ½ lemon, seeds removed
½ tablespoon fines herbs (parsley, tarragon, and chives), finely minced
Salt and white pepper to taste

STEP 1

Pat both sides of the sole dry with a paper towel and season with salt and white pepper to your liking.

STEP 2

On a large plate, place the flour in an even layer. Dredge the sole evenly with flour, shaking off any excess flour. Place on a clean tray or plate.

STEP 3

Heat a large skillet that can accommodate the sole over medium heat, add neutral oil until shimmering. Add the sole and give it a gentle shake to make sure the fish doesn't stick.

STEP 4

Cook one side until it turns golden brown, about 4–5 minutes. Gently flip with a large spatula and cook the other side until lightly golden, another 4–5 minutes. Carefully pour out excess oil from the skillet.

STEP 5

Add butter to the pan with the fish. Continue to gently cook, basting the fish occasionally with the butter using a spoon, until the butter turns golden brown, and the fish is fully cooked through. Remove fish from skillet and place on serving plate.

STEP 6

Add lemon juice and herbs to the brown butter in the skillet. Taste and adjust seasoning if needed. Spoon the lemon brown butter over the fish and enjoy.