

Sole Meunière with Butter Sauce



Ingredients

4 fillets sole or plaice, skin-on (\pm 140g each)

6 tbsp plain flour

3 tbsp light olive oil or sunflower oil

85g butter, ideally unsalted

1 lemon, juice only

2 tbsp small capers (optional)

250g new potatoes, peeled (optional)

1. First prepare the new potatoes, if using). Put in a saucepan and bring to the boil. Lower the heat and simmer until tender, about 20 - 25 mins.
2. Check the fish for small bones and pull any out with tweezers. In a large shallow bowl, season the flour with a little salt and black pepper. Toss the fish in the flour, coating well, and shake off any excess.
3. Heat the oil in a large frying pan. Add the fish and cook, skin-side down, for 2 mins. Use a fish slice or large spatula to turn, then cook the other side for 1-2 mins until golden.
4. Remove the fish to a warmed plate, then season. Wipe out the pan with kitchen paper. Return the pan to the heat, then add the butter. Heat until it melts and begins to turn a light brown, then mix in the lemon juice and capers, if using. Swirl in the pan for a few secs, return fish to the pan and spoon over any juices. Serve immediately.