



### **Petrale Sole Meuniere**

Petrale Sole Meunière is a delicate, buttery classic with a bright touch of lemon and parsley.

#### **Ingredients:**

- Fresh Petrale Sole Fillets
- 1/3 Cup Flour – seasoned to taste with salt & fresh ground pepper
- 2 TBS Canola or Vegetable Oil
- ¼ Cup (1/2 stick) butter – cut into 4 pieces
- 1 TBS Fresh Lemon Juice
- 1 TBS Fresh Italian Parsley – chopped

#### **Instructions:**

- Dredge sole with seasoned flour, shake off excess.
- Heat a large nonstick sauté pan over medium-high heat and add oil.
- Carefully place sole into pan and cook for 2-3 minutes on each side. Remove to plates.
- Gently wipe pan with a paper towel just enough to remove any brown bits.
- Place pan back on medium-high heat and add the butter. Cook until golden brown, about a minute or so.
- Add lemon juice and chopped parsley. The butter will foam up nicely.
- Poor over sole fillets and serve.