



S I E R R A
GOLD
S E A F O O D

Delicate, buttery Dover sole finished with bright lemon and rich brown butter — simple, elegant, and absolutely melt-in-your-mouth delicious!

Lemon Butter Dover Sole (Classic & Simple)

Ingredients:

- 1 lb Dover sole fillets
- ½ cup all-purpose flour (for light dredge)
- ½ tsp salt
- ¼ tsp black pepper
- 3 tbsp butter, divided
- 1 tbsp olive oil
- 1 lemon (½ for juice, ½ for wedges)
- 1 tbsp fresh parsley, chopped (optional)

Instructions:

- Season & dredge - Pat sole fillets dry. Season with salt and pepper.
- Lightly dredge in flour, shaking off excess.
- Heat pan - Heat a large skillet over medium heat.
- Add olive oil and 2 tbsp butter.
- Cook the sole - Add fillets to pan in a single layer.
- Cook 2–3 minutes per side until lightly golden and cooked through.
- Finish with lemon butter - Reduce heat to low. Add remaining 1 tbsp butter and lemon juice.
- Spoon sauce over fish for about 30 seconds.
- Serve - Transfer to plates, sprinkle with parsley, and serve with lemon wedges.

Serving Ideas:

- With steamed asparagus or green beans
- Over a light rice pilaf
- With simple roasted potatoes