

SOLE MEUNIÈRE

(Sole Sautéed in Butter)

SERVES 4

THE TERM *sole* is falsely applied to several species of flounder in the United States. True sole can be found only in Europe, where the

best-known variety is dover sole. To filet the fish, trace backbone with a knife, cutting through to bone, then lift flesh off. Gently lift out bone.

4 14-oz. whole dover sole
Salt and freshly ground
black pepper
Flour

1 cup clarified butter (see
page 19)

1 large russet potato,
peeled and thickly sliced
16 tbsp. (2 sticks) butter
Juice of 2 lemons

1. Cut off head and fins of sole with sharp kitchen scissors. Scrape scales from the white-skinned side (bottom) of the fish with a large wide knife. On dark side of fish, score skin just above the tail with a sharp knife, then, holding the fish by the tail with one hand, use the other to peel off the dark skin all at once. If the skin catches, use a sharp knife to free it from the flesh. (There is no need to skin the other side.) Wipe fish with a damp kitchen towel, taking care to wipe away any blood. (To spare yourself these steps, ask your fishmonger to give the fish to you pan-ready.) Pat dry, season to taste with salt and pepper, and dredge in flour, shaking off any excess.

2. Pour $\frac{1}{2}$ cup clarified butter into each of 2 large skillets set over medium-high heat. When butter is just smoking, after about 3 minutes, place 2 fish, white side down, in each pan. Immediately place a slice of raw potato under tail of each fish to raise thin end of sole up from the heat and help prevent overcooking. Brown fish, about 3–4 minutes on each side, pressing down on fish with a spatula and basting continually with butter. Add 2 tbsp. of the regular butter to each pan, season to taste with salt and pepper, and baste for 1 more minute. Transfer to serving platter and keep warm.

3. Melt remaining 12 tbsp. of the regular butter in a small skillet over high heat. Swirl pan over heat until butter foams and turns light golden. Whisk in lemon juice and pour over sole, coating them completely. Serve fish on a platter garnished with lemon and fresh herbs, if you like.

