

Almond Sole

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

Chef's Notes

You can also use less butter and fry the fish in a non-stick pan; however, you may not achieve a nice, golden color.

Preparing Your Mise en Place

To prepare your mise en place, gather the butter and almonds. Cut the lemon in half, chop the parsley and set everything aside.

Place the flour into a shallow bowl and season it generously with salt and pepper. Don't be afraid of adding a fair amount of seasoning, as most of it will be left behind.

Place the milk into a separate shallow bowl and gather the fish.

Step 1: Preparing Your Mise en Place

- 1/2 cup clarified butter
- 1/2 cup slivered almonds
- 1/2 lemon
- handful of parsley leaves
- 1/2 cup all-purpose flour
- kosher salt (to taste)
- freshly ground black pepper (to taste)
- 1/2 cup milk
- 2 skinned, but not deboned, sole (about 7 oz / 200 g each)

Cooking the Dish

To cook the fish, heat the butter in a large skillet over medium-high heat until it is hot and foaming.

Dip the sole first in the milk and then dredge it in the flour mixture. Shake off the excess and lay it in the skillet. Turn the heat to medium-low and cook for about 2-3 minutes per side. Gently flip the fish over and cook until done.

Transfer the fish to a serving plate and squeeze with lemon juice to taste.

Step 2: Cooking the Dish

Finishing the Dish

To finish the dish, toss the almonds in the hot butter to warm them through. Then add the parsley, but be careful as it may splatter. Pour the almond, parsley and butter mixture over the fish and serve immediately.

Step 3: Finishing the Dish