

## Sole Meunière with Clarified Butter

Serves 6 (3)

- 65 g all-purpose flour (33 g)
- 6 113 g skinless, boneless sole or other thin fish fillets, patted dry (3 fillets)
- Kosher salt, to taste
- Freshly ground white or black pepper, to taste
- 56 g clarified butter (28 g)
- 56 g unsalted butter, diced, at room temperature (28 g)
- 3 T minced parsley (1½ T)
- 1 lemon, cut into wedges, for serving (½ lemon)



- Heat oven to **90°C** and place a large oven-safe plate or baking sheet inside.
- Place **flour** on a large, shallow plate. Season both sides of **fish** fillets with **salt** and **pepper** to taste. Dredge fish in flour, shaking off excess.
- In a 30-cm nonstick or enamel-lined skillet over medium-high heat, heat 28 g (14 g) **clarified butter** until bubbling. Place half of the fish fillets in the pan and cook until just done, **2 to 3 minutes per side**, then transfer to the plate or baking sheet in the oven to keep warm. Add 28 g (14 g) **clarified butter** to skillet and heat until bubbling, then cook remaining fillets. Wipe out the skillet.
- Arrange the fish on a warm serving platter. Top with parsley.
- In reserved skillet, heat remaining 56 g (28 g) **unsalted butter** until bubbling and golden, **1 to 2 minutes**, then pour evenly over fillets. Serve immediately, with **lemon wedges** on the side.

### Clarified Butter

226 g butter

1. In a small pan, melt **butter** over low heat until bubbling and foaming subsides. Remove from heat, let cool slightly (don't let butter resolidify), then skim any foam off the top.
2. Line a sieve with cheesecloth or a clean dish towel and place over a heat-safe bowl or container. Leaving the white milk solids at the bottom of the pot, carefully pour or spoon yellow butter fat through the sieve and into the container. Let cool completely before refrigerating for up to 1 month.