

Lemon Sole in Butter with Brown Shrimps

Serves 2

Cuisine: British

Preparation Time: 10 Minutes

Cooking Time: 15 Minutes

Ingredients:

2 x 450g Lemon sole
75g Peeled brown shrimps
125g Butter, cut into small cubes
Pinch of ground mace
Squeeze of lemon
Pinch of white pepper
Small handful of very finely chopped parsley
Flour
Salt & black pepper
Splash of oil

Method:

1. Remove the fish head, clean out any residue of the guts and trim the fish so that all the fins are removed including the tail.
2. Heat some oil in a pan that is large enough to take the two lemon soles.
3. Holding each fish with thumb and forefinger, dip the fish into the flour and give a few taps to remove any excess, leaving only a light, even coating.
4. Lay the fish dark-side down in the oil and fry for a minute or two
5. Add a few cubes of butter and cook for a further few minutes then add the rest of the butter and turn the fish over.
6. When the butter starts foaming and the bubbles are really small, tip the pan towards you and with a large spoon, baste the fish with the hot, foaming butter for about 6-7 minutes. Add the shrimps and continue basting for 1 minute.
7. Now add the mace, white pepper and parsley and finish with a squeeze of lemon juice.
8. Season with black pepper and just a little salt.

To Serve:

Remove the fish from the pan and serve with a green salad or with soft mashed potato and a veg. Sprinkle the shrimps over.

Chef's Notes:

This recipe works well with other soles or plaice as well.