



sizzle
M A G A Z I N E

Sole Meunière

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Classical v. Modern Recipes: **Classical**

Sole Meunière

Yield: 2 servings

Sole

Ingredients:

2 whole **Dover sole** (about 1 pound each)
trimmed, scaled, and cleaned
1/3 cup **all-purpose flour**
2 tablespoons **olive oil**
2 tablespoons **unsalted butter**
Coarse **salt** and freshly ground **pepper** to taste

Method

1. Heat a sauté pan over medium-high. Season both sides of fish with salt and pepper. Place flour in a shallow dish. Dredge each fish in flour, turning and pressing lightly to coat. Shake off excess and place on a platter.
2. Swirl half of oil and butter in pan and, when foam subsides, place 1 fish in pan, white skin-side down. Sauté until browned on first side, 4 to 5 minutes. Turn fish over carefully and sauté until other side is crisp and golden brown, 4 to 5 minutes more. Transfer to a serving plate.
3. Repeat with remaining oil and butter to sauté remaining fish, then transfer it to another plate.

Beurre Noisette

Ingredients:

2 tablespoons chopped fresh **flat-leaf parsley**
2 to 3 tablespoons **unsalted butter**
1 tablespoon **capers**, drained
1 tablespoon fresh **lemon juice**

Method:

1. Sprinkle half of parsley on each fish. Heat butter in a medium saucepan over high, swirling to melt. Cook until starting to brown, then remove from heat, and, as butter darkens to a hazelnut color, toss in capers and lemon juice; swirl to combine. Pour beurre noisette over fish and serve.

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Tomato Provençal

Ingredients

6 **cherry tomatoes red**
6 **cherry tomatoes yellow**
1/4 teaspoon **kosher salt**
1/4 teaspoon freshly ground **pepper**
2 cloves **garlic** minced
1 small **shallot** minced
1/2 teaspoon fresh **thyme leaves** chopped
1/4 cup **parsley** chopped
1/2 cup fresh **breadcrumbs**
2 tablespoons **olive oil** divided

Method

1. Preheat oven to 400 F.
2. Slice the top of each tomato. Scoop seeds out of the tomatoes. Sprinkle the tomatoes with salt and pepper.
3. In a medium bowl, combine the garlic, shallot, thyme, parsley, breadcrumbs and the remainder of the salt and pepper. Stir to blend. Drizzle one tablespoon olive oil into the breadcrumb mixture while tossing to coat.
4. Spoon the breadcrumb mixture over the tomatoes. Drizzle with remaining olive oil and bake for 15-18 minutes or until crumbs are golden and tomato is slightly softened, but still holding its shape.

Buttered Parsley Potato

Ingredients

2 pounds **chef potatoes**
3 tablespoons **butter**
1/2 teaspoon **garlic powder**
2 tablespoons finely chopped fresh **parsley**
Salt and **pepper** to taste

Method

1. Peel the potatoes and cut into the desired shape.
2. Place potatoes in a large pot and cover with 1 inch of water. Add 1 teaspoon salt and bring to a boil. Simmer 20 to 25 minutes or until soft.
3. Drain potatoes well.
4. Melt the butter in a sauté pan. Add the potatoes, garlic powder, and parsley. Toss to coat well.
5. Add salt and pepper to taste.