

Sole with Brown Butter, Lemon and Tarragon

Servings: 4

Source: David Tanis, New York Times, Oct. 3, 2018

Ingredients

- 1 cup flour
- salt and pepper
- a pinch of cayenne pepper
- 1 tbsp olive oil
- 4 fillets sole, about 6 to 8 oz each
- 3 tbsp unsalted butter, cut into chunks
- 1 tbsp lemon juice
- 2 tbsp roughly chopped parsley
- 1 tsp roughly chopped tarragon
- lemon wedges and tarragon leaves, for garnish

Method

1. Put the flour in a low bowl or pie plate and stir in a generous amount of salt and pepper and a pinch of cayenne.
2. Place a large cast-iron skillet over medium-high heat. Add the olive oil and tilt the pan to coat the bottom.
3. Season the fillets lightly with salt and pepper. Dip each fillet quickly into the flour mixture, shaking off excess flour.
4. Lay the fillets in the skillet in one layer. Cook for about 2 minutes per side, until golden. Transfer the cooked fish to a warm platter.
5. Leave the heat at medium-high and add the cold butter. Let the butter sizzle until foamy and brown, but do not let it burn. Add the lemon juice, parsley, and chopped tarragon and swirl to incorporate.
6. Spoon the butter sauce over the fish. Garnish with a few tarragon leaves and serve immediately with lemon wedges.

Notes

This can also be made with flounder.