

Fillet of Sole with Caper & Lemon

Serves 4

Ingredients:

2 tablespoons extra-virgin olive oil
5 tablespoons unsalted butter
4 skinless fillets of lemon sole, about 1 1/2 pounds, cut fillets in half at the natural break
¾ teaspoon kosher salt
5 garlic cloves, crushed and peeled
2 tablespoons pine nuts
1 cup dry white wine
2 tablespoons lemon juice
3 tablespoons drained tiny capers in brine
2 tablespoons chopped fresh Italian parsley

Method:

Put the olive oil and 3 tablespoons of the butter into a large skillet set over medium heat. Season the sole all over with ½ teaspoon salt. Lightly dredge the sole in flour, tapping off any excess, and slip the fillets into the melted butter and oil. Brown the fish on both sides, about 2 to 3 minutes per side. Once it is browned and cooked all the way through, transfer to a warmed platter while you make the sauce.

Increase the heat to medium-high. Scatter the garlic and pine nuts in the skillet. Cook and toss until the pine nuts are toasted, about 2 minutes. Add the white wine and lemon juice. Bring to a boil. Add the capers and the remaining 2 tablespoons butter. Whisk to melt the butter and boil the sauce until reduced by half, about 2 to 3 minutes. Season with the remaining ¼ teaspoon salt. Remove the garlic cloves from the sauce, and then stir in the parsley. Pour the sauce over the fish, and serve.