

SOLE FILLETS WITH LEMON, BUTTER, AND PARSLEY SAUCE

We ditched the white flour crust and recreated this classic recipe so that anyone can enjoy one of the simplest and most delicious recipes ever concocted by man. Once you dig your fork into the tender, buttery, pan-fried fillet and taste the perfection of a simple lemon, butter, and parsley sauce...you'll wonder why anyone bothered with flour in the first place.

Prep time: 5 minutes

Cook time: 5 minutes

Serves 6

Ingredients:

6 skinless and boneless sole fillets, or other thin fish fillets

10 tablespoons butter

3 tablespoons minced parsley

1 lemon, cut into wedges

Kosher salt and freshly ground pepper, to taste

Dry the fillets with paper towels and season with salt and pepper.

In 2 large nonstick frying pans, heat 2 tablespoons of butter in each pan over medium-high-heat. When the butter is very hot, but not browning, rapidly lay 3 fillets in each pan. Cook for one to two minutes on each side until golden. Remove the fish from the pans and plate.

To serve, quickly wipe one of the pans clean with a paper towel and melt the remaining 6 tablespoons of fresh butter. Cook the butter until it turns slightly brown, then stir in the parsley. Spoon the hot parsley butter over each fillet and serve with a wedge of lemon.