

## Dover Sole a la Meuniere

Recipe courtesy Chef Gary Hoffman, Lake Nona, FL



### Recipe Summary

**Prep Time:** 15 minutes

**Cook Time:** 5 minutes

**Yield:** 1 serving

**User Rating:** ★★★★★

1 fresh Dover sole, cleaned  
1 cup flour  
1 1/2 ounces olive oil  
Salt and pepper (to season flour)

Preheat oven to 350 degrees F. Lightly dredge Dover sole in seasoned flour. Heat 1 1/2-ounces of olive oil in a medium pan until it begins to smoke. Saute sole until golden brown on each side (about 1 to 2 minutes per side). Finish in oven for 4 minutes. Debone sole.

#### Sauce:

2 ounces whole butter  
1/2-ounce white wine  
1/2 lemon, juiced  
1 tablespoon chopped parsley  
Salt and pepper, to taste

Sauce: Add 2 ounces of whole butter to a small fry pan and heat until the butter gets brown. Add white wine, lemon, parsley salt and pepper. Pour over sole.

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