

## *Dover Sole with Lemon, Butter, Capers, and White Wine Sauce*



### **Ingredients:**

- 4 (4 to 6 ounce) Dover Sole fillets (or cod, halibut, salmon or snapper)
- 1 lemon, whole (thinly sliced)
- ¼ cup all purpose flour
- 2 tablespoons butter
- 1 teaspoon kosher salt
- ½ teaspoon pepper

### **For the Sauce:**

- ⅔ cup white wine
- 3 tablespoons butter
- 1 shallot, minced
- 2 ½ tablespoons lemon juice
- 1 teaspoon lemon zest
- 2 tablespoons of Capers

### **Method:**

1. Remove fish from the refrigerator to take the chill off. In a small pie plate or bowl, add the flour, salt, and pepper. Dry off the fish, dredge in the flour mix, and make sure to shake off any extra flour. (almost like a dusting. Set to the side as your oil heats up.
2. In a large non-stick sauté pan, add the butter and bring to medium high heat. Add the fish and the lemon slices (alongside the fish) and cook 3-5 minutes per side until golden brown. (flip the lemon slices too). Thin white fish usually will cook in 3-5 minutes per side; and the second side - cooking quicker. Thicker fish, such as cod, haddock, and salmon will take longer. Once the fish is flaky but firm to the touch, remove to a plate, top each fish with the lemon slices, and cover as you make the sauce.
3. After you remove the fish, return the pan to the heat, and reduce to medium. Add in the shallot and cook just a minute to lightly soften. Then add in the wine to deglaze the pan, making sure to scrape up any bits (the best part), and cook a minute. Next, add in the butter, lemon juice, zest, and the capers, and cook another minute to warm everything up. Return the fish to the pan for just a few seconds to coat with the sauce.