Sole Almondine

Description

The fish is good. Love the crunchy almonds. Ya-de-ya-de-ya. (No really. This fish is the bomb.)

Summary

Yield: 6
Source: Perry's Plate
Prep Time: 20 minutes
Category: Seafood
Cuisine: American

Ingredients

- 1/2 cup coarslely chopped almonds
- 1 cup flour
- 1 egg beaten
- 1 1/2 lb sole fillets
- 4 tbsp butter
- 2 small shallots
- 1/2 cup white wine
- 1 juice of lemon
- 1/4 cup oarsket

Instructions

Toast the almonds in a large nonstick (or cast iron) skillet over medium heat for 5-7 minutes, or until golden brown.

Season with a sprinkle of salt and set aside in a small bowl.

Place the flour in a shallow dish and season liberally with salt and pepper.

Place the eggs in another shallow dish.

Return the pan to medium heat and add a couple glugs of oil (enough to barely cover the pan.)

Make sure the pan is hot before you begin. (A pinch of flour should sizzle in the pan.)

Working with 2 fillets at a time, coat both sides of the fish in the seasoned flour.

Shake gently to remove the excess flour, then dip in the beaten eggs, allowing the excess egg to drip back into the dish.

Coat again in the flour, then place the fillets directly into the hot pan and cook 2-3 minutes.

Flip over the fillets and add a dab of the butter (about a half tablespoon) to the pan.

Spoon the melted butter over the fillets as they cook on the second side, about 30 seconds. (This will keep the fish moist.)

Transfer fillets to a platter and keep warm while you repeat with remaining fillets and butter.

When they're finished, add the shallots to the same pan and cook over medium heat until translucent, about 3 minutes.

Add the wine (or stock) to loosen the bits stuck to the pan. Then add lemon juice and parsley.

Serve the fillets on a bed of smashed potatoes (if you like), with the sauce spooned on top and sprinkled with the toasted almonds.