

Sole with Lemon Butter

Ingredients	Quantity
Fresh Sole	1
Soft Butter	1 TBSP
White Pepper	1 tsp
Fresh Lemon Juice	2 TBSP
Fresh Parsley	1 tsp

Important Notes regarding selecting fish: Check carefully for darkness or dryness on the skin and flesh of fish. Off odors or smells in the piece of fish should be avoided. Fish should be vibrant and smell fresh. Farm raised or wild is ideal.



Procedure

1. Season the sole fillet with fine sea salt and white pepper in both sides.
2. Brush the soft butter mixed with lemon juice uniformly on top of the sole fillet.
3. Brush the **Silpat®** with extra virgin olive oil and lay the sole fillet on top of it.
4. Bake at 500 F for about 7-8 minutes staying close to the top of the oven to create a crust.
5. Serve the sole fillet on a plate, sprinkle the parsley and serve with a half lemon wedge on the side.

Important Notes regarding when prepping and cooking fish: When seasoning the fish is important to have your hands completely dry to control the seasoning applied. Always check to see if fish is cooked using a thin metal skewer, it should be warm for medium rare consistency.

RECIPE DIFFICULTY LEVEL

	EASY
	MODERATE
	CHALLENGING
	PROFESSIONAL

Tools & Equipment

- **Silpat®**
- Half sheet baking tray (13"x18")
- Spatula
- Tweezers (in case of fish bones)
- Measuring spoons
- Chef's knife
- Cutting board
- Pastry brush