



Saint-Pierre Meunière

Meunière is a classic French sauce especially popular with flat fish (most often sole); it's a great example of how the most basic ingredients – in this case flour, butter, a little parsley and lemon juice – can produce the most delicious result.

Serves 2



INGREDIENTS

- Plain flour, for dusting
- Salt flakes and freshly ground white pepper, to taste
- 2 x 180g fillets John dory or mirror dory, skin on (6½oz)
- 2 teaspoons extra virgin olive oil (10ml)
- 60g butter (2¼oz)
- ½ small lemon
- 2 teaspoons finely chopped flat-leaf parsley
- Green Salad, for serving
- Baguette, for serving

METHOD

1. Combine flour, salt and pepper in a plastic bag.
2. Add the fish and shake to coat well, remove from bag and shake off any excess.
3. Heat oil and a third of the butter in a stainless steel frying pan over medium-high heat.
4. Add fish, skin-side down, and cook for 2 minutes, holding it down with an egg lift or spatula for 30 seconds or so if necessary until the skin relaxes.
5. Turn fish over and cook the other side for a further minute or so, until well coloured.
6. Remove to a warmed plate, discard butter and wipe out the pan with paper towel.
7. Add remaining butter to the pan and place over a medium-high heat for a couple of minutes or so, shaking the pan gently so it colours evenly, until it's a very dark brown.
8. Squeeze in some lemon juice, add parsley, swirl the pan for a few seconds, then pour over the fish.
9. Sprinkle generously with salt and serve with a green salad and bread on the side.