

# Recipe for Wild Whitefish Meunière

## Ingredients:

3-4 (4oz). Sole (or similar fresh whitefish) fillets

¼ cup butter

1 tsp. granulated garlic

Juice & zest from 1 -2 lemons depending on size

½ tsp. black pepper

1 tsp. salt

1-cup all-purpose flour

fresh chopped parsley to garnish

## Instructions:

1. Lightly bread both sides of the sole fillets in flour
2. In a non-stick skillet or sauté pan melt ¼ cup butter over high heat
3. Place fish in the pan skin-side facing up
4. Sauté fish for 2-3 minutes on each side until golden brown
5. Flip fish & season with salt, pepper & granulated garlic
6. Zest fish generously with lemon and squeeze with lemon juice
7. Plate up fish gently
8. Garnish with fresh chopped parsley, fresh citrus zest & citrus twists

Recipe Yield: 2-3 servings