



SOLE ALMANDINE

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

Ingredients

For the Fish:

- 2 cups blanched slivered almonds
- Kosher salt
- Extra-virgin olive oil
- 4 tablespoons unsalted butter
- 2 cups all-purpose flour
- Freshly ground black pepper
- 4 eggs
- 1 cup milk
- 4 cleaned sole fillets (6 ounces each)

For the Sauce:

- 1 large or 2 small shallots, finely chopped
- 1 cup white wine
- 1 lemon, juiced
- 1/4 chopped flat-leaf parsley
- Kosher salt and freshly ground black pepper



Directions

Set a large nonstick saute pan over medium heat. Add the almonds and toast until golden brown, about 5 to 7 minutes. Season with salt and set aside.

Return the pan to medium heat (if you have 2 pans you can work simultaneously at this point, i.e. 2 fillets per pan) and add a 2-count of olive oil and 1 tablespoon of butter to each pan.

Put the flour in a shallow dish and season with salt and pepper, to taste. In another shallow dish, whisk together the eggs and milk and season with salt and pepper, to taste. Dredge the fillets in the seasoned flour, then dip them into the egg mixture. Allow some of the excess egg to drain off, then add them to the hot pan. Cook 2 pieces at a time. Fry for 1 1/2 to 2 minutes, then carefully turn the fish over to cook the other side. With a spoon, baste the fillets with the butter sauce. Repeat basting to ensure the fish remains moist. Once the other side is cooked (about 30 seconds) carefully remove the fillets from the pan to a serving platter. Repeat with remaining 2 fillets and a 2-count of oil and 1 tablespoon of butter. Once the fillets have been removed the pan, add the chopped shallots and gently saute over low heat until translucent, about 1 minute. Deglaze the pan with the white wine and finish with the lemon juice. Swirl in the remaining 2 tablespoons of butter. Add the parsley and season, to taste, with salt and pepper. To serve, spoon the sauce over the top of the fillets and sprinkle generously with the toasted almonds.