



Pan Fried Lemon Sole with Crispy Bacon & Beurre Noisette

Ingredients

8 rashers thin-cut rindless streaky bacon
25g plain flour
2 tbsp sunflower oil
45g unsalted butter
8 x 75g or 12 x 50g skinned lemon sole
2 tsp fresh lemon juice
1 tsp each finely chopped fresh tarragon, parsley and chives

Method

Preheat the grill to high. Lay the bacon rashers on the rack of the grill pan and set aside.

Put the flour onto a shallow tray and season. Put half the oil and 10g butter into a large, frying pan and melt the butter over a low heat. Meanwhile, dip the fillets into the flour, making sure they are well-coated both sides. Shake off the excess.

Grill the bacon until crisp and golden, then keep warm. Meanwhile, increase the heat under the pan. When the butter starts foaming, add half the fillets and fry over a medium-high heat for 2 minutes each side, until lightly golden. Put the cooked fillets on a plate and keep warm. Wipe out the pan and cook the other fillets, using the rest of the oil and another 10g butter.

Wipe out the pan with kitchen paper and return to a medium heat with the remaining butter. When the butter is melted and starting to go pale brown, add the lemon juice and herbs and remove from the heat. Season. Arrange the fillets and bacon on warmed plates, spoon over some beurre noisette and serve.