

Original Oscar Night Fillet of Sole

*Courtesy of **In Our Grandmothers' Kitchens***

Ingredients:

1 small juice glass almost filled with sprigs of parsley
about 1/4 cup clarified butter
1-1/2 pounds sole fillets
salt and white pepper to taste
juice of 1/2 large lemon

Instructions:

With kitchen scissors, cut the parsley into small pieces in the glass. In a large frying pan, melt about half of the butter over medium heat. Put in a few sole fillets; they should not touch each other. Fry the fillets gently for a minute or two on each side, until they become flaky, adding salt and pepper as you cook. As each fillet is done, place it on a platter in a 250-degree oven so that it stays warm until its relatives have finished cooking. Add butter to the pan as needed for sautéing.

When the fillets are all cooked and on the platter, throw the parsley and lemon juice into the frying pan, and stir to allow them to mingle with the pan drippings. Ladle the parsley-lemon-butter mixture onto the fish fillets, and serve.

Serves 4.