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Parmesan Crusted Sole with Lemon Beurre Blanc

By Richard Massey

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by: **Richard Massey**

Sole/flounder is a refreshing sweet and mild flavored fish which allows it to be used in a variety of ways. With its long thin flesh, sole is often stuffed or used in other extravagant plate presentations. Because this fish is very thin it's a great choice to pan fry for a quick meal. Parmesan crusted sole is the best of both worlds, it's eloquent and fast. You can make it look even better with some fresh chives, tarragon or basil. Even if you don't like fish, you'll love this recipe.

Serves 4 4 ea. Sole fillet (6-8 oz) - if the fillets are small use 2 per serving 1 ½ cups Panko (Japanese bread crumbs) ½ cup Grated parmesan cheese 4 Tbsp. Parsley – minced ½ tsp. Granulated garlic ¼ tsp. Kosher salt ½ tsp. Pepper ½ cup Flour - all purpose 3 ea. Eggs 1 cup Milk 4 Tbsp. Butter 4 Tbsp. Olive oil 1 cup Lemon beurre blanc

In a food processor blend panko, parmesan and parsley until fine. Transfer to a shallow pan. In a separate pan whip eggs and milk until well combined. In a third pan place the flour.

Take the sole fillets and season with salt, pepper and granulated garlic. Dredge sole in flour, then egg wash and finally in the parmesan/panko mix. Pat the parmesan and panko into the sole until the mix sticks to the fish.

In a large sauté pan heat butter and olive oil until hot. Carefully place sole in the pan and shake the pan to make sure the fish doesn't stick. When sole is golden brown, flip over and continue to cook. When sole is done (120° F internally), transfer to plate and top with lemon beurre blanc.

Lemon Beurre Blanc

Yields 1 cup 1 cup White wine 1 Tbsp. White wine vinegar 1 Tbsp. Shallots 4 Tbsp. Heavy whipping cream ¼ lb Butter - unsalted, chilled, cut into cubes 2 Tbsp. Lemon pulp - chopped (see note) 1 tsp. Lemon zest – minced 1/8 tsp. Kosher salt 1/8 tsp. White pepper

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In a sauce pan over medium high heat, combine wine, vinegar and shallots. Reduce until almost a syrup consistency. Add cream and continue to cook reducing by half. Turn the heat to low and add butter cubes 2 at a time while stirring until all the butter is added and sauce is a creamy consistency. Season with salt and pepper.

Note: If the butter is not chilled it will not incorporate into the sauce. Also if the wine mixture is not reduced far enough the sauce will be runny.

Note: To make the lemon pulp, cut off the rind including the white part. Cut between the sections removing just the pulp. At the same time removing any seeds. Place the pulp and any juice in a cup. It is also a good idea to zest the lemon first.

Chef Richard has worked for some of the top fine dining restaurants in the United States and is the author of the ebook "Chef's Special". You can find free recipes, informative articles and order the ebook at

<http://www.csrecipes.com>

Easy-Cheesy Casserole

By LeAnn R. Ralph

I have always loved mac-n-cheese, and this variation is one of my favorites! 1 pound of browned hamburger 1 1/2 cups of grated cheddar cheese 2 cups cooked macaroni (or egg noodles; I prefer to use egg noodles myself) Parmesan cheese to sprinkle on top 1 can cream of mushroom soup

Combine hamburger and macaroni (or egg noodles) in a large baking dish. Add cream of mushroom soup and mix well. Stir in cheddar cheese. Sprinkle Parmesan cheese on top. Bake in 350 degree oven for 25 minutes. Makes 4 to 6 servings.

LeAnn R. Ralph is the author of the book, *Christmas in Dairyland (True Stories from a Wisconsin Farm)* (trade paperback; August 2003). For more information, visit

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