



Styling by Kalena Ross

Petrale Sole With Meyer Lemon Beurre Blanc

Serves 4

Beurre Blanc is an elegant sauce for fish, and adding the sweet juice of Meyer lemons makes a fine finish for Petrale sole, one of our prized local fish, and one of my personal favorites. However, other delicate fish could be treated to the sauce as well, or even firm fleshed fish like halibut.

Flour for dusting

Fine sea salt and freshly ground black pepper

1½ pounds petrale sole fillets

8 tablespoons butter, cut into 1 tablespoon pieces

2 tablespoons freshly squeezed Meyer lemon juice

1 tablespoon grated Meyer lemon zest

2 tablespoons heavy cream

Instructions: On a work surface spread with plastic wrap, scatter about ½ cup of flour. Dip the fillet pieces

lightly in the flour, sprinkle with a little salt and pepper and set aside.

In a frying pan, heat 2 tablespoons of the butter over medium-high heat. When foaming, add the fish fillets, a few at a time, uncrowded. Sauté until golden, about 1 minute, turn and fry the other side, another minute. Remove to a plate and keep warm until all are completed.

In a saucepan over medium-high heat, combine the Meyer lemon juice and zest. Add the cream and bring to a boil. Remove from the heat and add the remaining 6 tablespoons of butter, one at a

time, whisking to melt.

Arrange the fish on a platter, or 4 individual plates, and drizzle with sauce. Serve immediately.

Per serving: 187 calories, 3 g protein, 1 g carbohydrate, 20 g fat (12 g saturated), 62 mg cholesterol, 16 mg sodium, 0 g fiber.



Wine pairing: Butter sauce with the lower acid Meyer lemon will be fine with a moderately tart wine, which does not need excessive "butteriness" to match. Try an Italian Chardonnay or Oregon Pinot Gris.