

## GRIDDLE-FRIED FILET OF PETRALE SOLE

*(from the Bewitching Kitchen)*

filets of sole

lemon juice

all purpose flour

salt and pepper

vegetable oil to coat the griddle

Rinse the fish briefly, dry with paper towels. Sprinkle a little lemon juice all over the filets and season with salt and pepper. Dredge each filet in salted/peppered flour or very carefully shake the filets in a paper bag with seasoned flour.

Coat the surface of the griddle with a tablespoon of oil, set it at maximum temperature (ours goes to 400F), and cook each filet about 5 min per side, until both sides are golden brown and the fish is cooked through. In the last couple of minutes squeeze some lemon and drop a small pad of butter among the filets. Serve with lemon wedges.