

Gluten Free Sole Francaise



Ingredients:

- 1 lb. sole fillets
- 3/4 cup white rice flour
- 2 eggs, beaten
- Old Bay seasoning, to taste
- salt, to taste
- 2 tbsp. olive oil
- 2 tbsp. butter
- 1/2 cup white wine
- 2 tbsp. lemon juice

Preparation:

Use plain white rice flour in place of traditional all purpose. It works just as well in this recipe, so don't waste your pricier gluten free all-purpose flour. Set up 2 breading pans or plates, one with the flour and the other with the beaten egg.

Heat a large nonstick skillet with 2 tbsp. butter and 2 tbsp. oil. Season the sole fillets with Old Bay® (it's gluten free). Salt lightly then dredge in flour. Dip in egg, shaking off the excess.

Cook the fish 3 minutes per side. Try not to tear the delicate egg batter when you flip them over (use 2 spatulas for better control). Cook in batches if needed, do not crowd the pan.

Transfer the fillets to a baking sheet and keep warm in the oven (especially if cooking in batches).

Add the wine and lemon juice to the skillet, swirl around and cook until reduced by half.

Drizzle over the fish and serve with lemon wedges.