

SOLE FISH AND CHIPS

Recipe by Kosta the Fishmonger © worldwide 2009



1 lb	Sole fillet
1	Egg
1 Tsp.	Water
½ cup	Flour
2-3	Lemon wedges
Sea salt and white pepper	
Oil for frying	

- 1) In a 9 inch frying pan, on medium high add oil ¼ inch deep.
- 2) Season the sole with salt and pepper.
- 3) Whisk 1 egg with water in a small bowl.
- 4) Place flour in a bigger bowl or dish.
- 5) When the oil is hot (375 F) coat the sole with flour, then dip it into the egg wash and then back into the flour.
- 6) Place sole into the frying pan and fry till golden brown on both sides. Do not over crowd the frying pan and when you are ready to cook more sole, wait for the oil to get hot again.
- 7) Place the fried sole on a cookie rack to cool. Serve with chips and a lemon wedge.