

# SOLE IN HERBED BUTTER



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4 tablespoons butter, softened  
1 heaped tablespoon mixed herbs  
 $\frac{1}{2}$  teaspoon onion powder  
 $\frac{1}{2}$  teaspoon garlic powder  
 $\frac{1}{2}$  teaspoon salt, optional  
 $\frac{1}{4}$  teaspoon white pepper  
4 sole fillets  
lemon wedges for serving

In a small bowl, combine the butter, dill, onion powder, garlic powder, salt if desired and pepper.

Transfer to a large skillet; heat on medium heat until melted. Add the sole and saute several minutes on each side or until fish flakes easily with a fork.

Plate the fillets on pre-made mash potatoes.

Stir 3 teaspoons of flour into the remaining butter in the pan and let it saute for a few seconds until it changes colour. Add half a cup of milk and bring to a boil until thickened. Spoon over the fish and mash.

Garnish with lemon if desired.

Photo: Wayne Dugmore