

## Greek Breaded Sole

Makes 2 Servings

Flavor Note: This recipe can be used with many of the Old Norse World Cuisine Spice Blends

Amount	Size	Description
½	Cup	Clarified Butter
½	Cup	Slivered Almonds
½	Large	Lemon
2 – 3	Tbl	Old Norse World Cuisine Traditional Greek
½	Cup	All-Purpose Flour
-	-	Kosher Salt to Taste
-	-	Black Pepper to Taste
½	Cup	Milk
2	Large	Skinned Sole (Tilapia can also be used)

*Tip: How to make clarified butter:*

- a. To create the clarified butter, place an inch or two of water in a pot and bring to boil.
- b. Place unsalted butter in a Ziplock bag and hang it over the water so the steam heats the butter and melts it. Do not let the bag touch the boiling water.
- c. Trick: Wrap the top of the bag around a wooden spoon. Used a large clip to hold the bag on the spoon. Place the wooden spoon across the pan.
- d. When the butter is melted, hang the bag in the refrigerator to cool the butter. You will notice that the butter fats will separate.
- e. Once the butter fats are solid, drain the oil from the bag. The left over solid is the clarified butter.

1. Place the flour in a shallow bowl and season it with salt and pepper. Add the Old Norse World Cuisine Traditional Greek Spice Blend to the bowl.
2. Pour the milk into a separate bowl.
3. Heat a skillet to medium heat then add the butter.
4. Once the butter is melted, drag the fillet through the milk then roll in the seasoned flour.
5. Shake off any loose flour and lay the fillet in the skillet.
6. Let cook for 2 – 3 minutes per side.
7. Drizzle with lemon juice once plated.

