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## Coorong Mullet 'Meuniere'\* with Capers and Preserved Lemon

Serves 4 as a main course

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**Sole Food**

### Ingredients

8 x 100g (approx) coorong mullet fillets, skin on  
Up to  $\frac{1}{2}$  cup plain flour on a flat plate, seasoned with sea salt and freshly ground pepper  
 $\frac{1}{2}$  to 1 cup of butter, melted  
Murray River pink salt and freshly ground pepper to taste  
1 preserved lemon, skin only, finely julienned  
2 tblsp baby capers  
 $\frac{1}{2}$  bunch flat leaf parsley, finely chopped

### Method

Dust the fish fillets lightly in flour and shake off the excess.  
Heat two heaped tbsp of butter in large frying pan until sizzling. Lay 4 Coorong mullet fillets in pan and cook on medium heat for 1-2 minutes each side.  
Remove from the pan and place 2 fillets on each plate, which have been warmed, and keep in a warm place while you cook the other 4 fillets.  
To make the Meuniere sauce, (which is very quick), replace the fish pan on the heat and add the remaining butter and heat until butter foams and starts to brown. This gives it a delicious nutty flavour which marries the earthiness of the mullet with the other ingredients.  
Add the preserved lemon strips, capers and finally the parsley.  
Cook only until warmed through; about 1 minute.  
Divide amongst the 4 serves of Coorong mullet and pour directly over the fish.  
Great served with other earthy vegetables such as potatoes, beetroot, chard or spinach.

\*Meuniere means 'millers wife' and refers to the little amount of flour the miller's wife would be likely to have on her hands when dealing with the fresh fish, as the mill would also be located on a stream and thus often had very fresh fish available.

Many of the elaborate sauces and preparations that were developed in the 18th and 19th centuries had an underlying purpose of masking food that had begun to spoil during the several days needed for transport from fishing ports.

By contrast the fish prepared by the miller's wife did not need to be masked under a heavy sauce.

A classic meuniere sauce is very simple--browned butter, chopped parsley, and lemon.