

LEMON DILL CAPER WITH WHITE WINE SAUCE

Dover Sole



Fully Cooked—Just Heat
and add for that “Finishing Touch”. This great sauce makes 2–4 servings and is cholesterol free, gluten free, has no MSG, no trans fat, low in fat and low in calories.

This unique, double sealed, package has a refrigerated shelf life of 150 days.



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- 1 8 ounce package of Fortun's Finishing Touch
Lemon Dill Capers with White Wine Sauce
- 8 Dover sole filets, weighing 2½ to 3 oz. per filet
- 2 cups All-Purpose Flour
- 4 Tablespoons olive oil
- 1½ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper

Method

Combine AP flour, salt and black pepper into shallow pie pan or baking dish and mix well.

Lightly dredge Dover sole in seasoned flour. Gently shake to remove excess flour.

Place a large sauté pan over medium high heat. Once pan is hot, add 2 tablespoons of olive oil, carefully place Dover sole filets in pan, careful not to overcrowd the pan work with 3 or 4 filets at a time. Cook filets, turning once, until firm to the touch which is approximately 2-3 minutes per side. Once cooked remove from pan to holding plate. Repeat this cooking process until all filets have been cooked. Reserve the sauté pan to heat sauce.

Place Lemon Dill Capers and White Wine Sauce in the sauté pan and place over medium-high heat. Heat for about 1 minute to simmer **but do not allow the sauce to boil.**

Microwave Oven: Place the Lemon Dill Capers with White Wine Sauce in microwavable dish. Heat on the high setting for 30-45 seconds, stir and heat an additional 30-45 seconds.

Boil in Bag: Place 8 ounce bag in boiling water for 1-2 minutes.

To Serve: Arrange 2 sautéed Dover sole filets per serving plate and spoon the Lemon Dill Capers with White Wine Sauce evenly over each filet. Serve immediately.

Chef suggested pairings:

Wine: Chardonnay, Sauvignon Blanc or Pinot Grigio

Sides: Broccoli Rabe and toasted slivered garlic, long grain wild rice

Serves 4