



POACHED SIMPLE SOLE

INGREDIENTS

- 2 quarts Court Bouillon
- 1 lb Petrale Sole Fillets or Dover Sole

GARNISH

- Fresh Dill
- Capers
- Lemon Wedge
- Salt & Pepper

COURT BOUILLON

- 2 quarts Water
 - 1/4 cup Kosher Salt
 - 1/4 cup White Wine
 - 1/4 cup Chopped Onion
 - 1/4 cup Chopped Celery
 - 1 Bay leaf
 - 1 twig of Curly Parsley
 - 1/2 Lemon thinnly sliced
- Combine all ingredients in a stock pan. Bring to a boil and reduce heat to a simmer for 30 minutes. Strain

DIRECTIONS

- Heat the Court Bouillon to a simmer in a stockpot
- When liquid reaches 160 desgrees add the fish to stockpot. Full submerge fish in liquid. Maintain the liquid heat between 160-180 degrees.
- Cook fish for about 5 minutes, then remove, garnish and serve.

PETRALE SOLE SERVING

Servings.....	1
Serving Weight.....	100 g
Calories.....	91
Protein.....	18.84 g
Fat, total.....	1.19 g
Saturated fatty acid, total.....	0.0283 g
Carbohydrate.....	0g
Sugars, total.....	0g
Fiber, total dietary.....	0g
Cholesterol.....	48 mg
Selenium.....	32.7 mg
Sodium.....	81 mg