

[Stella Cadente](#)

Filet of Sole in Wine Sauce

Posted by Administrator on March 19, 2012 in [Meat, Poultry & Fish](#)

Serves 4

1lb of Fresh Sole
3 Shallots, peeled & sliced thin
¼ cup Stella Cadente L'Autunno Blend Extra Virgin Olive Oil
1 cup of dry, white table wine, Pinot Grigio or Pinot Blanc, or similar wine (used Graziano Tocai Fruliano for this recipe)
¼ cup minced, fresh Italian flat-leaf parsley
Salt & pepper to taste

Method:

Heat frying pan over medium heat and add Stella Cadente's L'Autunno Blend EVOO. Add thinly sliced shallots and sauté until shallots are wilted and just starting to caramelize. Add one cup of dry, white table wine, preferably the wine you like to drink with the meal. Reduce wine until it is almost gone.

Lay the fish in a single layer, give a grind or two of cracked black pepper and cover. Cook on medium heat for 4 minutes and be careful not to use too much heat and burn the fish. After the 4 minutes is up, remove pan from heat, leave covered and undisturbed for 2 additional minutes.

Serve on a plate and spoon some of the sauce over the fish. Top with minced parsley, and serve with crusty French bread to soak up the sauce and wine.

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