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# ► GROUND FISH ►

COLLECTIVE

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# PETRALE SOLE



Petrable sole has a fine texture and a sweet, delicately nutty flavor. Like all flatfish, the fillets are thin and can be cooked using a variety of methods. Petrale sole is an excellent source of low-fat protein, calcium, and other important nutrients.

Servings	1
Serving Weight	100 g
Calories	91
Protein	18.84 g
Fat, total	1.19 g
Saturated fatty acids, total	0.283 g
Carbohydrate	0 g
Sugars, total	0 g
Fiber, total dietary	0 g
Cholesterol	48 mg
Selenium	32.7 mcg
Sodium	81 mg

Petrable sole table of nutrition

## Poached Simple Sole

### Ingredients

2 Quarts Court Bouillon

1 pound Petrale Sole Filets or Dover Sole

### Garnish:

Fresh Dill

Capers

Salt and Pepper

Lemon wedge

### Court Bouillon:

2 Quarts water

¼ cup Kosher salt

½ cup White wine

¼ cup Chopped onion

¼ cup Chopped celery

1 Bay leaf

1 twig of Curly parsley

½ Lemon sliced thin

Combine all ingredients in a stock pan. Bring to boil and reduce heat to simmer for 30 minutes, Strain.

### Directions

1. Heat the Court bouillon to a simmer in a stockpot.
2. When liquid reaches 160 degrees add the fish to the liquid. Fish should be fully covered. Liquid should stay between 160-180 degrees.
3. Cook Petrale sole for 5 minutes. Remove fish, garnish and serve.