

SPICY SOLE



Trisha's Dishes

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This is one of those quick and easy recipes that you will serve over and over. Try it with crisp asparagus and sliced tomatoes. Yummy!

Note: Check with your guests before you go crazy on jalapeños.

Servings: 4

Prep Time: 10 minutes

Cooking Time: 15 minutes

2 to 3 tablespoons olive oil

1. Heat olive oil in large sauté pan on medium-high 2 to 3 minutes.

4 sole fillets

All-purpose flour

2. Season sole fillets with salt and pepper. Dredge fillet, covering both sides with flour. Place in hot skillet. Cook for 2 to 3 minutes and turn. Cook an additional 2 to 3 minutes until fillets are browned and opaque in center. The thinner the fillets, the shorter the sauté time.

Remove fillets from pan and keep warm.

Tip: If you like garlic, add to skillet with the sundried tomatoes.

2 tablespoons butter

1 tablespoon chopped sundried tomatoes

1 tablespoon flour

½ cup white wine

1 tablespoon chopped jalapeño peppers

3. Add butter and sundried tomatoes to skillet, whisk up any browned bits from the sautéed fish. When butter is melted stir in flour to make a paste. Slowly add white wine and bring to a boil. Add peppers and simmer 2 to 3 minutes until slightly thickened. Serve sauce over fillets.