



SAUTÉED SOLE

Laura

Ingredients -

4 each 4oz sole filets
1 bunch fresh spinach
1 can artichoke hearts
4 medium fresh mushrooms
2 oz parsley
6 oz white wine (preferably a chardonnay).
1 Table spoon butter
2 oz olive oil
Flour salt & pepper

Instructions -

Wash spinach.
Poach spinach until tender
Cool down. Press out excess water. Drain water Chop & set aside
Set plate with flour season with salt & pepper.
Cut 6 -8 artichoke hearts in quarters set in bowl
Thin slice mushrooms set in bowl
Lightly flour sole filets and place on separate plate.
Heat sauté pan with 2oz. olive oil (large enough for all 4 filets) at medium heat.
Place seasoned filets in pan. Cook until golden brown each side
Return sauté pan to burner.
Deglaze pan with white wine. Add artichokes & mushrooms
Place spinach in small pot mix with butter. Heat to temperature.
Place spinach at center of serving platter
Place sole around platter.
Lace wine artichoke & mushroom sauce over sole



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