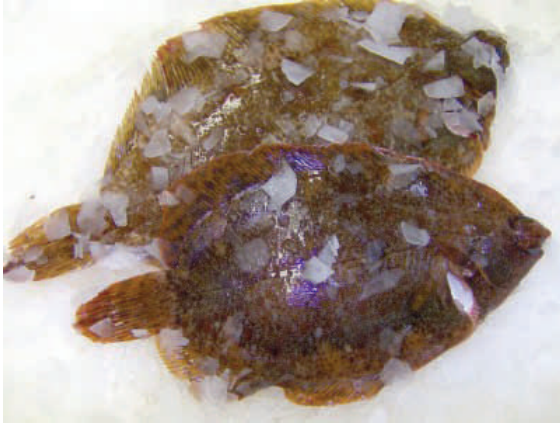


**SOLE**  
*NORTHERN EAST COAST FLOUNDER*



**DESCRIPTION:**

There are no true soles along America’s eastern shore, so the sole from the East Coast is really a flounder marketed under the name sole. The flounders marketed as sole on the east coast are the Winter Flounder, Blackback Flounder, Lemon Sole and Yellowtail Flounder. They are all flatfish found on the East coast of America and Canada and are of great importance commercially. They are usually smaller fish, producing fillets between 3 and 16 ounces.

**EATING QUALITIES:**

The raw meat is white, the filets are firm, sweet, dense and hold together well in heavy sauces.

**FISHING METHODS AND REGULATIONS:**

Sole is caught by trawlers. There are several regulations for the different flounders, which results in different species being available at different times and why the term “sole” is used to represent these fish.

**SOLD AS:**

- 4-6 oz Fillets skin-off
- 6 and up Fillets skin-off

**NUTRITIONAL INFORMATION**  
 3.5 oz raw portion

<b>Calories</b>	<b>91</b>
<b>Fat Calories</b>	<b>10.7</b>
<b>Total Fat</b>	<b>1.19 g</b>
<b>Saturated Fat</b>	<b>.3 g</b>
<b>Sodium</b>	<b>81 mg</b>
<b>Protein</b>	<b>18.84 g</b>
<b>Cholesterol</b>	<b>48 mg</b>
<b>Omega-3</b>	<b>.207 g</b>

**COOKING METHODS**

- Sauté
- Poach
- Sauté
- Steam
- Bake

**HANDLING**

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

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