

EUROPEAN DOVER SOLE
SOLEA VULGARIS



DESCRIPTION:

The Dover Sole is the only true sole, all other soles are Flounders marketed under the Sole name. It is mainly caught in shallow waters from the Mediterranean to the North Sea.

EATING QUALITIES:

The raw meat is white, the filets are firm, dense and hold together well in heavy sauces. Dover Sole is known for its mild sweet flavor and white 'meat-like' flesh when cooked. Flatfish like the Sole yield a thin fillet, as a result, poaching, saucing and steaming are the preferred cooking methods.

FISHING METHODS AND REGULATIONS:

Sole is caught by trawlers.

SOLD AS:

- Whole
- Dressed
- H&G
- Fillets (Skin-on / Skin-off)
- Portions

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	88
Fat Calories	11.7
Total Fat	1.3 g
Saturated Fat	.4 g
Sodium	80 mg
Protein	17.9 g
Cholesterol	43 mg
Omega-3	.4 g

COOKING METHODS

Poach
 Sauté
 Steam

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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