



Sole

(Solea Solea)

Sole, commonly referred to as Filet of Sole is great for seasoned, pan-seared cooking methods! Sole does not have a “fishy taste” so it is a great option for those who do not lean toward fish as a top menu item.



FEATURES/BENEFITS

- Wild-caught.
- Available IQF, skinless and boneless fillets.
- Texture is firmer than tilapia or cod.
- Mildly and slightly sweet flavor.
- Low in fat and rich in protein.

APPLICATIONS

This can be served as an entrée or in a delectable fish stew.

HANDLING/PREPARATION

THAWING: Thaw slowly under refrigeration or deglaze for 20 seconds in the microwave, or prepare from a frozen state.

COOKING SUGGESTIONS

BAKE: Bake at 350°F for 7 minutes.

SAUTÉ: Melt butter with oil in a saute pan over medium-high heat. When butter begins to foam, add fillets. Cook until golden brown, 2 to 3 minutes per side. Transfer each fillet to a serving plate.

DEEP FRY: Heat oil to 300°F. Deep fry sole for 3-5 minutes per fillet or until golden brown. Set aside on paper towels. When deep frying, use a deep pan and, for safety, never use more than 1” of oil for frying. When deep frying, it is not recommended for portions over 4 ounces.

PAN-FRY: Season fillets with salt and white pepper. Dip on both sides into flour and then pat off the excess. Heat the oil in a large well-seasoned or non-stick frying pan. Add fillet, lower the heat slightly and add a small piece of the butter. Fry over a moderate heat for 4–5 minutes, without moving, until richly golden. Carefully turn the fish over and cook for a further 4–5 minutes until golden brown and cooked through. Lift on to a serving plate and keep warm.

Food Safety Guidelines recommend cooking fish until the temperature reaches 145°F.

NUTRITION FACTS:

Serving Size 4.5 OZ. (125g), Calories 90, Total Fat 1g, Saturated Fat 0.5g, Trans Fat 1g, Cholesterol 55mg, Sodium 95mg, Carbohydrates 4g, Sugar 0g, Fiber 0g, Protein 16g.

COUNTRY OF ORIGIN: China



IPM selects only the finest quality suppliers in the world to pack our product. Continual inspection and selection during process ensures that you receive a premium product.

DISTRIBUTED BY LIMSON TRADING, INC.
NORWALK, CT 06854 USA
LIMSONTRADING.COM / 6/22/v2