Petrale sole has a fine texture and a sweet, delicately nutty flavor. Like all flatfish, the fillets are thin and can be cooked using a variety of methods. Petrale sole is an excellent source of low-fat protein, calcium, and other important nutrients.

### Poached Simple Sole

**Ingredients**

- 2 Quarts Court Bouillon
- 1 pound Petrale Sole Filets or Dover Sole

**Garnish**

- Fresh Dill
- Capers
- Salt and Pepper
- Lemon wedge

**Court Bouillon**

- 2 Quarts water
- ¼ cup Kosher salt
- ½ cup White wine
- ¼ cup Chopped onion
- ¼ cup Chopped celery
- 1 Bay leaf
- 1 twig of Curly parsley
- ½ Lemon sliced thin

Combine all ingredients in a stock pan. Bring to boil and reduce heat to simmer for 30 minutes, Strain.

**Directions**

1. Heat the Court bouillon to a simmer in a stockpot.

2. When liquid reaches 160 degrees add the fish to the liquid. Fish should be fully covered. Liquid should stay between 160-180 degrees.

3. Cook Petrale sole for 5 minutes. Remove fish, garnish and serve.

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Petrale sole table of nutrition