

Venetian Sole



Photo By: Mark Shapiro

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In this interesting recipe, delicate sole fillets are quickly fried in olive oil and treated to a spice-infused white wine marinade for a couple of days. Traditionally served on the third Sunday in July to commemorate the Feast of the Holy Redeemer, the dish has origins that date from the 14th century. Be sure to serve at room temperature. This makes a lovely light supper on a hot summer day.

Yield

Serves 6

Ingredients

- 1 lb (500 g) sole or flounder fillets
- Salt and freshly ground black pepper
- ¼ cup (50 mL) all purpose flour
- ¼ cup (50 mL) olive oil (approximate)
- 2 onions, thinly sliced
- 1 cup (250 mL) dry white wine
- 1 cup (250 mL) wine vinegar (white or red)
- 2 bay leaves
- 2 whole cloves, cracked
- ¼ tsp (1 mL) cinnamon
- 1/3 cup (75 mL) golden raisins
- 3 tbsp (45 mL) toasted pine nuts
- Chopped parsley (optional)

Ingredients

Equipment:

- 8-inch (2 L) square baking dish

Directions

1. Season fish with salt and pepper; dip in flour to coat, and shake off excess. In a large nonstick skillet, heat ¼ cup (50 mL) olive oil over medium-high heat; in batches, cook fish fillets for 5 minutes, turning once, or until golden brown. Drain on paper towel. 2. With a slotted spoon, remove any bits of fish or flour from the skillet. Add a little more oil (or drain excess) so that you have 1 tbsp (15 mL) oil in skillet. Reduce heat to medium; add onions and cook for 5 minutes or until golden and soft. Add wine, wine vinegar, bay leaves, cloves and cinnamon; bring to a boil, reduce heat to simmer and cook for 5 minutes. 3. Arrange fish in single layer in baking dish; sprinkle with salt and pepper. Pour hot marinade over fish and let cool to room temperature. Sprinkle with raisins and pine nuts, cover with plastic wrap and marinate in refrigerator for 1 to 2 days. Serve at room temperature, sprinkled with chopped parsley, if desired.

Nutritional Information

Nutritional information is based on 1/8 teaspoon added salt per serving.

- **Calories:** 285kcal (14%)
- **Calcium:** 37mg (4%)
- **Vitamin C:** 4mg (7%)
- **Vitamin A:** 8mcg RAE (0%)
- **Potassium:** 483mg
- **Magnesium:** 49mg
- **Protein:** 18g
- **Sugar:** 8g
- **Fiber:** 1g
- **Total Carbohydrate:** 16g
- **Cholesterol:** 40mg (13%)
- **Sodium:** 364mg (15%)
- **Saturated Fat:** 2g (9%)
- **Fat:** 13g (20%)
- **Iron:** 1mg (7%)