



# CHRISTOPHER CREEK

*Spice Company*

## Mid-Week Meals

### Dover Sole with Caper Butter Wine Sauce

Makes 4 Servings



4 fillets Dover Sole  
2 tablespoons minced Shallots  
1 tablespoon minced Garlic  
2 tablespoons Capers, drained  
1/4 cup Chardonnay  
1 tablespoon Lemon Juice  
2 tablespoons Butter  
1/2 cup Green Onion, sliced  
1/4 cup fresh Basil, chopped  
Olive Oil



Liberal season the fish with Fish Rub, cover with plastic wrap and return to refrigerator for 15 minutes.

In a large sauté pan over medium-high heat, add 2 tablespoons olive oil and gently pan fry the fish for 2-3 minutes per side...remove the fish from the pan and keep warm.

In the same pan over medium-high heat, add 1 tablespoon olive oil. Add shallots, garlic and sauté for 1 minute. Then carefully add chardonnay and cook an additional 2 minutes. Add lemon juice, capers, 1 teaspoon of Fish Rub and cook another minute.

Remove the pan from the heat and add the butter. Stir until the butter has melted.

Serve the fish on a bed of Angel Hair Pasta or julienned blanched Zucchini. Garnish with green onion, basil after soaking with the wine sauce.

Fill up your glasses with the rest of the wine...Enjoy!

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