

Dover Sole with Chef Pecko!

Chef Pecko's Dover Sole is seared to perfection! Its one of his signature dishes at the Four Seasons Restaurant.

This dish is super easy to prepare. Watch as he shows us how to first, clean the fish before serving it with a delicate Key Lime, Parsley, Chive Sauce. He uses a sustainable Dover Sole from Holland.

SERVINGS: 4 | **PREP:** 10 minutes | **COOK TIME:** 8 minutes | **TOTAL TIME:** 18 minutes

INGREDIENTS

1 Pound Dover Sole
2 Limes (Juice Extracted From Lime)
1 Bunch chives (Minced)
1 Bunch Parsley (Minced)
2 Tablespoons Olive Oil

INSTRUCTIONS

Clean Fish and pat dry (as in video)
Set aside
Combine and whisk lime, chives, parsley, olive oil in bowl. Dash of salt.
Set aside
Heat skillet to med-high temperature with vegetable or grape seed oil for couple of minutes.
Sear the Dover sole on each side for 3-4 minutes.
Remove and plate up.
Drizzle lime, parsley, chive sauce all around.
Serve hot.

NOTES

Pairs well with Sauvignon Blanc.

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