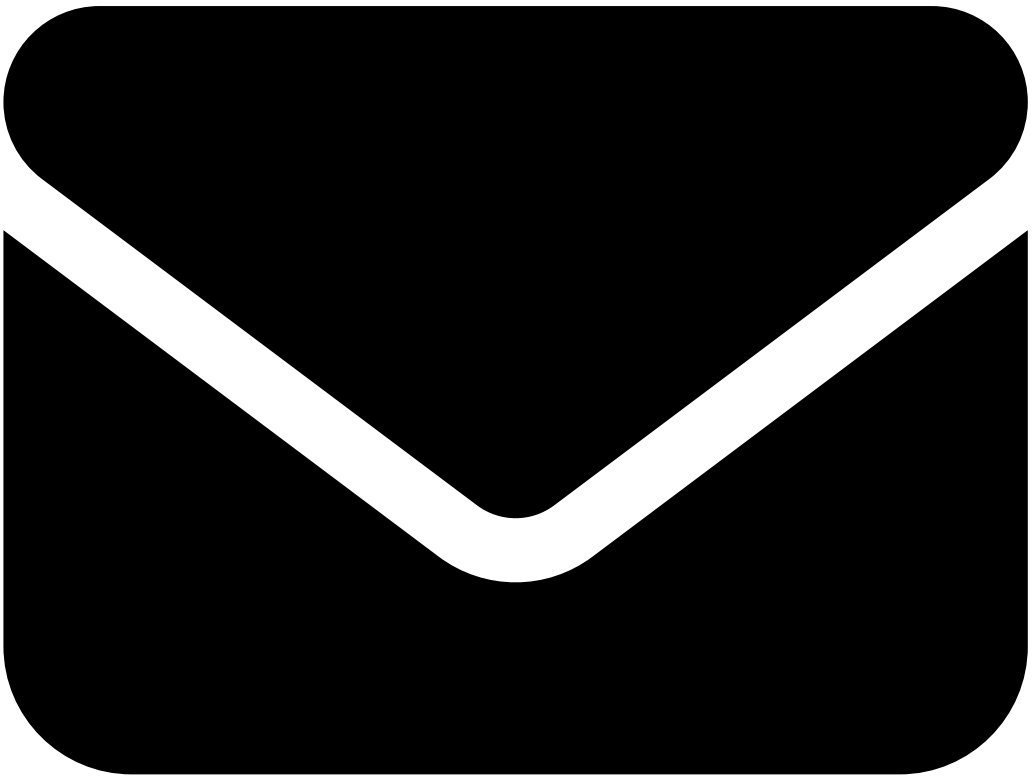
Italian dover sole in lemon wine sauce

Italian Dover Sole in Lemon Wine Sauce

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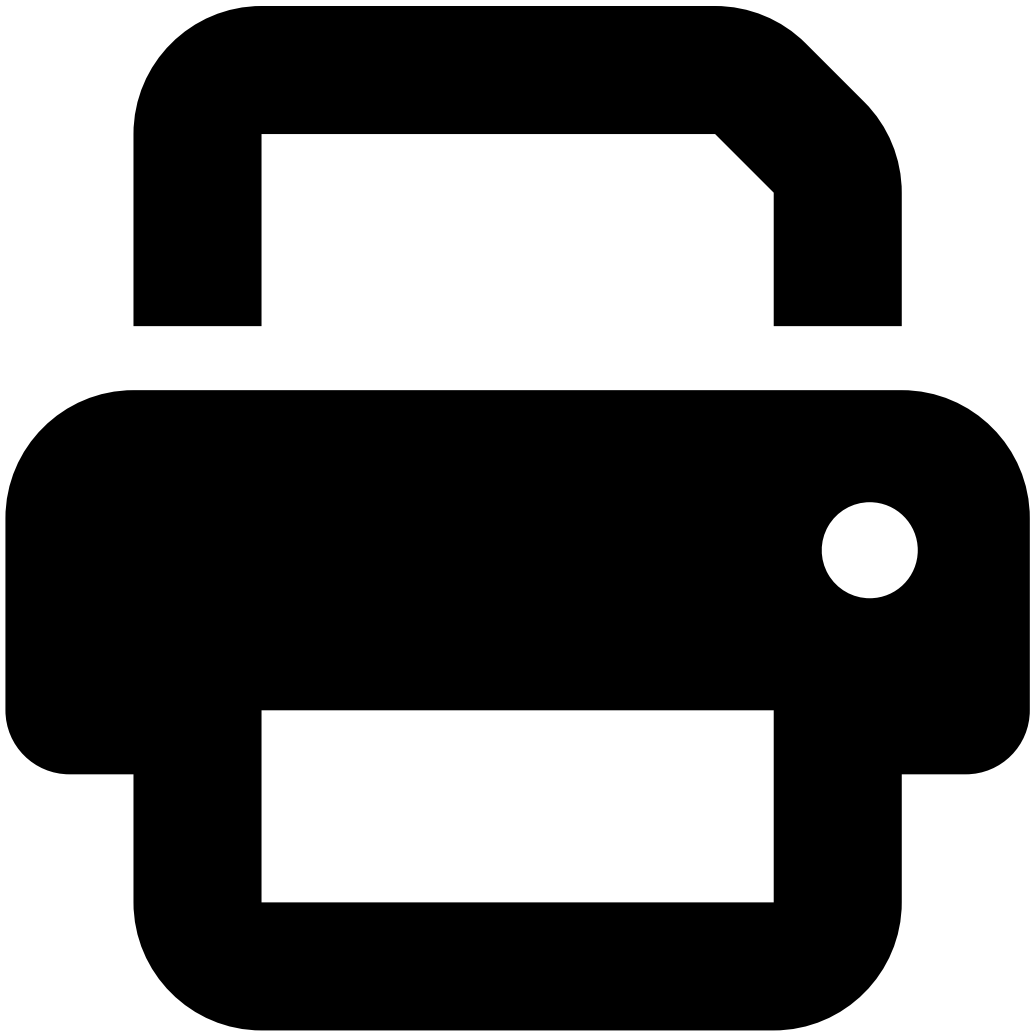









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This Italian dover sole in lemon wine sauce is a perfect choice if your craving a simple yet elegant seafood dish. This classic preparation, known as “Sogliola alla Mugnaia,” is a light and flavorful recipe that highlights the delicate taste of fresh dover sole. With its buttery lemon wine sauce and a hint of fresh parsley, it’s a restaurant-quality meal that you can easily recreate at home

A take on the French classic Sole Meunière the Italian version often adds a splash of white wine to the sauce, enhancing the brightness of the lemon. It’s traditionally served with a side of sautéed spinach, roasted potatoes, or a fresh green salad.

The dish is a wonderful representation of Italian coastal cuisine, where fresh fish is often the star of the table. The sauce, made from white wine, lemon juice, and butter, strikes a beautiful balance between richness and brightness. The gentle sear on the sole adds a slight crispness while keeping

the fish tender and flaky. Pair it with a glass of chilled white wine, and you'll feel like you're dining at a seaside trattoria.

Why you'll love this Italian dover sole in lemon wine sauce

- **Quick and Easy:** ready in under 30 minutes, making this dish perfect for weeknights or special occasions.
- **Elegant Flavor:** The combination of white wine, lemon, and butter creates a sauce that complements the mild sole beautifully.
- **Healthy and Light:** Sole is a lean, low-calorie fish that pairs wonderfully with the bright flavors of the sauce.
- **Minimal Ingredients:** You only need a handful of fresh, simple ingredients to bring this dish to life.

This Italian sole in lemon wine sauce is a dish that brings the flavors of the sea straight to your table. The balance of citrus, wine, and butter creates a light yet indulgent experience that's sure to impress. Whether you're cooking for family, friends, or a romantic dinner for two, this meal will leave everyone wanting seconds. If you like fish try my pan- seared Tomato cod

Have you ever tried Italian dover sole in lemon wine sauce or a similar recipe? I'd love to hear about your experience! Let me know in the comments below and don't forget to tag me if you recreate this Italian classic. Buon Appetito!

Italian Dover Sole in Lemon Wine Sauce



Italian Dover Sole in Lemon Wine Sauce is a classic Italian-style seafood dish featuring delicate Dover sole fillets gently pan-seared and finished in a bright, silky lemon-white-wine butter sauce. It’s elegant enough for a special dinner but simple enough for a weeknight meal.

- 4 thin dover sole fillets about 1 1/2 lbs.
- 1 cup flour for coating
- 4 Tbsp. butter
- 2 Tbsp. olive oil
- 1/2 cup dry white wine
- 1/2 cup chicken stock
- the juice from 2 lemons
- 3 Tbsp. chopped Italian parsley
- lemon slices for serving

1. Rinse the dover sole fillets and pat dry with paper towels. Season both sides of the fish with salt and pepper to taste

2. Place the flour on a plate and lightly coat each fillet shaking off excess.
3. In a large skillet, heat 2 Tbsp. of butter and the olive oil over medium high heat.
4. Once the butter is melted and foamy, add the fillets. Cook for 3-4 minutes on one side until golden brown,

then carefully flip and cook for another 2-3 minutes.
5. Remove the fish from the pan and set aside on a warm plate.
6. MAKE THE SAUCE: Add the wine to the same pan, scraping up any browned bites from the bottom of the pan. Let it simmer for 2-3 minutes until slightly reduced. Stir in the chicken stock and continue cooking for another 3-4 minutes.
7. Add the remaining butter and lemon juice to the skillet whisking until the sauce is glossy.
8. Return the fish to the skillet just to heat through, spooning the sauce over the fillets.
9. Sprinkle with the Italian parsley. Serve with lemon slices.

Main Course
Italian
Italian Dover sole,