
Dover Sole Picasso

*Chef August Mrozowski - Cafe L`Europe - Sarasota, FL
Sarasota`s Chef Du Jour - 1992*

Servings: 4

2 whole (24 to 28 ounce ea) dover sole fillets

3 oranges, peeled

3 kiwis, peeled

6 large apple, strawberries

2 bananas

6 ounces clarified butter or oil

lemon juice

white wine

flour

eggwash

salt

pepper

Skin and fillet the dover soles. From the two fish, you should yield eight fillets.

Heat a large skillet over hot to medium heat. Season and flour the fish, then dip in the eggwash.

Saute' the dover sole in a little butter, browning both sides until the fish is cooked completely - about 5 to 8 minutes. Before removing from the pan, splash on some white wine and place the dover sole on a heat tempered plate or tray.

Cut the fruit into 1/4-inch slices, except the strawberries which should only be cut in half. Arrange the oranges, kiwi, bananas and strawberries in several rows on top of the Dover sole.

Place the plate under the broiler or on the stove until the fruit is warmed.

Cover the fruit with drawn or clarified butter. Garnish the plate with assorted vegetables.

Seafood

Per Serving (excluding unknown items): 120 Calories; 1g Fat (8.0% calories from fat); 16g Protein; 12g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 66mg Sodium. Exchanges: 2 Lean Meat; 1/2 Fruit.