

## Sole, Dover

Few fish command more respect in culinary circles than the true Dover sole, which yields thin yet firm fillets that hold together well in many preparations. The raw meat is glistening white and dense and cooks up white. The flavor of the Dover sole is mild and sweet. Despite its delicate flavor, it's able to stand up to the heavy sauces favored by European chefs.



### Product Details

<b>Pack Size</b>	Various
<b>Cooking Methods</b>	Poach, Sauté, Steam
<b>Texture</b>	Firm
<b>Flavor</b>	Mild
<b>Availability</b>	January - December
<b>Scientific Name</b>	<i>Solea vulgaris</i>
<b>Location</b>	Africa, France, Italy, Netherlands, UK