

Wildfish Seafood Grille; Lemon Parmesan Sole

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For a delicious light-but-not-too-light summer meal, Executive Chef Eric Enrique of Wildfish Seafood Grille provides a winning fish dish.



8 oz. Sole filet
3 oz. Marinated red and gold
tomatoes, tossed with balsamic
vinegar, chives, basil and olive oil
2 oz. Garlic butter sauce
2 tsp. Grated parmesan
Several sprigs of parsley

Season sole with salt and pepper, dip in flour, then milk and then parmesan crumbs. Sauté filet side down first until golden brown and very crisp. Turn and sauté other side until golden brown and very crisp. Remove from skillet, sprinkle grated parmesan cheese and broil to melt cheese. Place the tomato mixture in the center of the fish. Garnish with lemon-garlic butter, parsley sprig and chopped parsley.