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# HOLLAND DOVER SOLE

*Solea solea*



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM™

HOLLAND DOVER SOLE



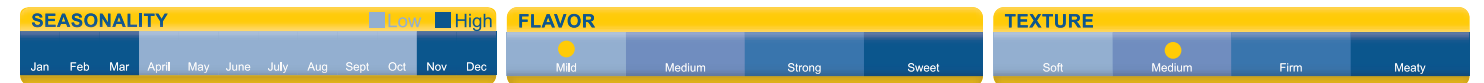
Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: [www.un.org/en/globalissues/environment](http://www.un.org/en/globalissues/environment)). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Product Presentation	Whole Guttet
Size	16/20 oz, 20/24 oz, 24/28 oz
Pack	1/25 LB IQF

For full package details, visit our website.

Holland Dover Sole is a culinarian's delight! This fish is preferred by European (especially French) chefs because the fillets are thin, firm and don't fall apart when rolled or stuffed. Holland Dover Sole is caught in the North Sea by trawlers. Historically, it is said that this fish gets its name from the town of Dover, on the English Channel, which had supplied this fish to the main London fish markets. Holland Dover Sole is a long, flat fish, with a tough, dark top skin that should be peeled off before cooking. The meat is white and firm with a mild sweet flavor that works beautifully with rich sauces! For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Crab Stuffed Holland Dover Sole

#### INGREDIENTS:

- 1 cup soft bread crumbs
- 1 cup cooked or canned crabmeat, drained, flaked and cartilage removed
- 1 small onion, finely chopped
- 1 egg, lightly beaten
- 1/2 teaspoon salt
- Dash cayenne pepper
- 4 Holland Dover Sole fillets (about 1 pound)
- 3 tablespoons butter, melted, divided
- 1 tablespoon all-purpose flour
- 1/2 cup chicken broth
- Grated Parmesan cheese
- Sliced almonds (optional)

#### DIRECTIONS:

In a bowl, combine bread crumbs, crab, onion, egg, salt and cayenne. Spoon onto fillets; roll up and secure with a toothpick. Place in a greased 2-qt. broiler-proof dish; drizzle with 2 tablespoons butter. Bake, uncovered, at 350° for 25-30 minutes or until fish flakes easily with a fork.

Meanwhile, for sauce, place remaining butter in a saucepan. Stir in flour until smooth. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Drain liquid from baking dish. Spoon sauce over fillets; sprinkle with cheese and almonds. Broil 5 in. from the heat until cheese is melted and almonds are lightly browned. Discard toothpicks.

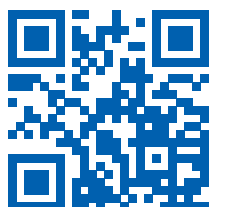
Preparation time: 40 mins Serves 4

<http://www.tasteofhome.com/recipes/crab-stuffed-sole>

### Nutrition Facts

Serving Size 79g	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 90</b>	Calories from Fat 26
% Daily Value**	
<b>Total Fat 3g</b>	<b>4%</b>
Saturated Fat 1g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 54mg</b>	<b>18%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 15g</b>	
Vitamin A 2%	Vitamin C 3%
Calcium 6%	Iron 7%

**INGREDIENTS:**  
European Dover Sole.



Visit our website for more information on this item

**METHOD OF HARVEST: Wild Caught**  
**COUNTRY OF ORIGIN(S): Holland**

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