
Stuffed Sole Castiglione

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 4

4 sole fillets

1/2 pound phillips crab meat

4 roma tomatoes, diced

1/2 pound crimini mushrooms, sliced

1/2 pound shallots, diced

1/2 pound butter

1 bunch parsley, chopped

2 cups white wine

2 cups heavy cream

4 ounces Madeira

Salt & pepper, to taste

roux or corn starch to thicken

1/4 pound reggiano, shredded

Pasta or Rice to accompany

Prepare fillets by placing the skin side of the fillet facing up. Divide the crab in four, place a fourth of the total crab on each of the four fillets. Salt and pepper each fillet. Roll each fillet in a cylinder. Place in a casserole dish. Pour white wine in casserole dish. Place in oven at 375 degrees for about 15 minutes.

While sole is poaching, saute shallots and mushrooms in a skillet. Give the mushrooms some color. Deglaze the skillet with Madeira. Add cream, simmer briefly and add some roux to thicken slightly.

When sole is finished poaching, pour off poaching wine. Cover with mushroom sauce. Sprinkle with reggiano cheese.

Return the casserole to the oven

this time increasing the temperature to 450 degrees. Remove the casserole when cheese is browned.

To serve remove each fillet to a plate with either pasta or rice. Spoon sauce around fillet and sprinkle with chopped parsley.

Seafood Entrees