

SOLE ROLLATINI

INGREDIENTS

- 4 Pieces of filet of sole or flounder (any flat white fish works)**
- 2 shallots minced fine**
- 8 oz of mushrooms sliced thin**
- 8 oz baby spinach leaves**
- 2 cloves of minced garlic**
- 1 tsp zest of a lemon**
- 2 tbl olive oil**
- 1 1/2 cups white wine**
- 1/2 cup seasoned bread crumbs**
- 1 beaten egg**
- 4 tbl unsalted butter**
- Fresh parsley**
- 1 sliced lemon for garnish.**
- 1 tbl of capers washed**



In sauté pan hit the oil until it shippers in the pan. Add the shallots and mushrooms and brown, add the garlic and cook until you can smell the garlic. Add half the wine and the spinach and cook until the spinach is wilted. Add the bread crumbs and the beaten egg.

Lay the fish filets so they are flat, spread the filling in a thin layer over the fish and roll from the wide side to the narrow side the length of the fillet. Place rollatini in a baking dish seam side down. Add fresh lemon juice and the remainder of the wine, capers and butter. Place any remaining filling over the center of the fish and around the edge of the pan. You may need to add a little more wine to make the sauce. Season to taste after the fish has cooked.

Bake in a 325 degree oven about 15 mins., or until the fish becomes opaque. Garnish with fresh parsley and lemon slices. Hint if you place the lemon slices in a shallow pan with a little brown sugar they take on a wonderful flavor.