

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Sole Piccata

BY CHEF MARTY SLAVIN

(Serves 4) Ingredients

4-6 oz. skinless fish fillets
(any flatfish can be used, from
sole to snapper to tilapia)

1 tsp. salt

1 tsp. black pepper

½ cup flour for dredging

4 tbsp. extra virgin olive oil

½ cup Bouchaine Pinot Blanc

2 tbsp. lemon juice

½ cup small capers
(brine rinsed off)

½ cup fresh parsley

2 tbsp. unsalted butter

Lemon wedges for serving

Directions

Rinse fish off and pat dry.

Combine flour, salt and pepper and dredge fish in flour. Shake off excess. Heat the olive oil over medium heat in non-stick pan.

Cook fish in one layer until golden; approximately 2 minutes per side. Cook in batches and add oil if needed to finish second batch. Remove to plate with paper towels to drain.

Deglaze the pan with white wine while scraping any brown bits from the bottom of the pan. When wine is reduced to ¼ amount, approximately 2 minutes, add lemon juice and capers and simmer for approximately 1 additional minute. Turn off heat, swirl in butter and half the parsley. To serve, nap fish with sauce garnish with one lemon wedge for each fillet and remaining parsley.



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