

Sole Fillet, Mushrooms, Wine

Servings: 8

Source: Bon Appetit, May, 2001

Ingredients

- $\frac{2}{3}$ cups Flour
- 2 teaspoons Salt
- $\frac{1}{2}$ teaspoon Black Pepper
- 8 (6-7 oz) Sole Fillets
- $1\frac{1}{2}$ cups Onions, Finely Chopped
- 12 ounces Button Mushrooms, Sliced
- 2 cups Dry White Wine
- $\frac{1}{2}$ cup Bottled Clam Juice
- 6 Fresh Lemon Juice
- 4 teaspoons Fresh Tarragon, Chopped
- 4 teaspoons Fresh Parsley, Chopped
- 4 teaspoons Fresh Chives, Chopped

Method

Preheat oven to 450°F. Butter two 13x9x2 glass baking dishes. Mix flour, salt and pepper in shallow bowl. Lightly coat sole fillets on both sides with flour mixture. Arrange fish in prepared dishes. Sprinkle onions, then mushrooms atop fish, dividing equally. Add half of wine, clam juice and lemon juice to each dish. Sprinkle $1\frac{1}{2}$ tsp each of tarragon, parsley and chives atop fish in each dish. Cover dishes with foil and bake fish 10 minutes. Remove foil and bake until fish is cooked through, about 5 minutes longer. Transfer fish with cooking liquid, onions and mushrooms to plates. Sprinkle with remaining 1 tsp each of tarragon, parsley and chives.