



Plate: Dover Sole Almondine, Fried Capers and White Wine Sauce

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PREP	COOK	SERVINGS
15 min	15 min	6

INGREDIENTS

Sole Dover 20/24	48.00 oz
Nut Almond Blanched Sliced	4.00 oz
Butter Salted 80% Fat	200.00 g
Juice Lemon Fresh Squeezed	4.00 oz
Parsley Italian Fresh	.50 oz
Spice Thyme Leaves Whole	.50 oz
Pepper Habanero Fresh	.50 oz
Flour All Purpose Hotel & Restaurant Bleached Enriched Malted	.50 oz
Spice Pepper Cayenne	.50 oz
Salt Sea Fine	.50 oz
Fried Capers	4.00 oz
White Wine Sauce	8.00 oz

DIRECTIONS

- 1 Season fillets with salt mix, 2 tablespoons lemon juice, fresh thyme, and habanero.
- 2 Heat a large skillet over medium with 2 tablespoons butter.
- 3 Dust dover sole fillets in flour and sauté in the butter until the fish is lightly browned.
- 4 Remove cooked fish fillets and place in a warmed serving dish.
- 5 Return the same skillet to heat, add the remaining butter and cook until the sizzling begins to lessen.
- 6 Stir in the sliced almonds and remaining lemon juice. When the almonds start to take on a light brown colour, remove from heat and set aside until ready to serve.

RECIPES by Chef Jamal

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HAND WASHING

Wash hands with soap and water at the beginning of recipe and after each touch of raw meats, poultry, seafood or eggs.



White Wine Sauce

PREP 10 min | COOK 5 min | YIELD 8 oz

INGREDIENTS

Garlic Whole Cloves Peeled Fresh	1.00 oz
Shallots Whole Peeled Fresh	2.00 oz
Butter Salted 80% Fat	2.00 oz
Spice Bay Leaf Whole	.50 oz
Flour All Purpose Hotel & Restaurant Bleached Enriched Malted	.50 oz
Cream Heavy Cooking 35.1%	4.00 foz
Spice Pepper Cayenne	.50 oz
Salt Sea Fine	.50 oz
Wine, Chardonnay (3 cups per 750 mL btl @ \$12)	.50 cup

DIRECTIONS

- 1 Mince the garlic. Finely chop the shallot.
- 2 In a saucepan, melt the butter over medium low heat.
- 3 Add the garlic and shallot and sauté for 1 minute, stirring, until fragrant but not browned
- 4 Add the flour and cook 1 more minute.
- 5 Add white wine and cream and cook on a low simmer for 3 to 4 minutes. Taste and adjust salt if needed.
- 6 Add direction

BATCH NOTES

Creamy white wine sauce

Fried Capers

PREP 5 min | COOK 5 min | YIELD 4 oz

INGREDIENTS

Capers Nonpareil	8.00 oz
Oil Olive Blend 75/25	1.00 cup

DIRECTIONS

- 1 Heat oil in a pot or deep fryer to 325°F (162° C).
- 2 Drain capers and add to the hot oil. Fry until crisp, about 3-5 minutes.
- 3 Drain on paper towels and use as a crispy garnish.

