

Sole in Lime Caper Chili Sauce

Recipe By *Esther Deutsch*



Cooking and Prep:  1 h

Serves:  6

Contains:   

Preference: Dairy

Difficulty: Medium

Occasion: Shavuot, Nine

Days

Diet: No Refined Sugar

Source: Whisk by Ami

Magazine

Ingredients (9)

Fish Ingredients

- 6 lemon sole fillets, 4-6 ounces each
- 1/2 cup flour
- 1 teaspoon **Haddar Kosher Salt**
- 1/4 teaspoon pepper
- 1 stick butter

Sauce

- 1/4 cup fresh lime juice (2 limes) and 1 teaspoon lime zest
 - 2 tablespoons capers, drained
 - 1 clove garlic, minced or 1 cube **Gefen Frozen Garlic**
 - 2-3 teaspoons chili peppers, minced or chopped
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Start Cooking

Prepare the Fish

1. Preheat oven to 350 degrees Fahrenheit. Combine flour with salt and pepper. Dredge each fillet in flour mixture.
2. In a non-stick skillet melt half the butter over high heat. Fry each fillet for two to three minutes per side. Remove sole from skillet and place in a baking pan. Transfer pan into oven to completely cook the fish for 12 minutes uncovered.

Prepare the Sauce

1. In the same skillet, add the rest of the butter and melt on medium heat. Add lime juice, zest, capers, and garlic to skillet. Stir to mix thoroughly, and bring to a boil for several seconds. Remove from heat and stir in desired amount of chili.
2. Pour sauce over sole fillets. Serve warm.