

TOOLS



Scaler



Fillet Knife



Shears



Products of the U.S.A.

Dover Sole

(*Solea solea*)

Season: March - Late November (*available frozen year round*)

- 1 CLEAN:** Under cold running water, scale from tail to head, then wipe dry to prevent slipping. Be sure to anchor your board with a wet towel or mat.



- 2 GUT & HEAD:** Dover sole usually comes gutted and headless, but if not, cut just under the pectoral fin toward the neck. Repeat on the other side, then twist and pull to snap the spine and remove the head—the guts will come out with it. Rinse and dry the fish.



- 3 FINS:** With fin shears, remove the top and bottom fins by holding them up and cutting where they connect to the body.



- 4 FILLET:** Place your fillet knife on the lateral line of the fish, exposing the spine as you cut from head to tail. Then make a J-cut along the rib cage, slowly peeling back the fillet toward the edge of the fish. Switch to the other side of the spine and repeat the process.



Flip the fish over and repeat step 4.

One Dover sole yields four fillets, with the bottom fillets smaller than the top.

Your sole fillets are ready to cook!



SCAN

for a recipe of this
delicious Pacific
Northwest fish!

STORAGE

**Put on ice for up to
48 hours.**

Seal your fish with
a Cryovac machine
or in a food storage
bag.