

Sole with Seafood Imperial
Coastal Living, Jan/Feb 2004

¼ cup butter or olive oil, divided
¼ cup diced red bell pepper
½ cup fresh lump crabmeat
½ lb cooked shrimp, peeled, deveined, and chopped
¼ lb broiled scallops, diced
½ cup mayonnaise
½ tsp Dijon mustard
1 tsp seafood seasoning
¾ tsp freshly ground black pepper, divided
2 lemons
2 Tbls chopped fresh parsley
6 6-oz sole or flounder fillets
½ tsp salt
1 cup dry white wine
Simple Lemon Butter

Melt 2 Tbls butter or olive oil in a skillet over medium heat. Add bell peppers; sauté 3 minutes or until tender.

Place peppers, crabmeat, shrimp, and scallops in a bowl; toss gently. Add mayonnaise, mustard, seafood seasoning, ½ tsp black pepper, juice of 1 lemon, and parsley. Stir gently.

Spread seafood mixture evenly on fillets and roll up. Arrange, seam side down, in a 13x9 baking dish.

Melt remaining 2 Tbls butter and brush tops of rolled fillets. Season lightly with salt and remaining ¼ tsp pepper. Squeeze remaining lemon over fillets. Pour wine into baking dish. Cover dish with aluminum foil; make several slits in foil to allow steam to escape.

Bake at 375°F for 30-35 minutes or until fish flakes with a fork.

Remove fillets with a slotted spoon to a platter. Serve with Simple Lemon Butter. 6 servings

Simple Lemon Butter

¼ cup butter
3 Tbls fresh lemon juice
2 Tbls chopped fresh parsley

Melt butter in a small skillet over medium-high heat. Stir in lemon juice and parsley. Makes ½ cup.