

Baked Rollatini of Sole

Supper Theme: Italy, Yield: Serves 6

Ingredients

$\frac{1}{2}$ cup dry bread crumbs

$\frac{1}{2}$ cup grated Grana Padano or Parmigiano
Reggiano cheese

$\frac{1}{4}$ cup fresh Italian parsley, chopped

1 large lemon, zest grated, then middle half
thinly sliced, ends of the lemon juiced

2 teaspoons dried oregano

6 tablespoons extra-virgin olive oil

2 tablespoons unsalted butter, softened

1 cup dry white wine (or) apple cider vinegar
(or) $\frac{1}{2}$ cup lemon juice & $\frac{1}{2}$ cup water
(or) chicken stock

6 skinless fillets of sole (about 1 $\frac{1}{2}$ pounds)

2 tablespoons tiny capers in brine, drained

Directions

1. Preheat oven to 350 degrees F.

2. Toss together the bread crumbs, grated cheese, parsley, lemon zest, and oregano in a bowl. Drizzle with 4 tablespoons of the olive oil, and toss until the crumbs are evenly coated with the oil.

3. Coat the bottom of a 9-by-13- inch Pyrex baking dish with the softened butter. Arrange the lemon slices in one layer on the bottom of the baking dish. Pour in the lemon juice and white wine. Lay the fish on your work surface, and press the crumbs into the top of the fish.

4. Starting with the short side, roll each fillet up with crumbs on the inside, and secure closed with toothpicks. Arrange the fish in the baking dish, and scatter capers in the open spaces. Sprinkle any leftover crumbs over the fish, and drizzle with the remaining 2 tablespoons olive oil.

5. Place the baking dish on the bottom rack of the oven, and bake until the fish is just cooked through, about 20 minutes.

6. Remove the toothpicks and serve.

