Dover Sole - Pacific

Dover Sole (*Microstomus pacificus*) is considered a flatfish, as is Halibut, Turbot, Fluke and Flounder, belonging to the family *Pleuronectidae*. It is not a true sole, but a Flounder. All flatfish have a very unique characteristic — they are born upright with normally placed eyes, then as they mature one eye moves to the other side of their body. At the same time their body tilts and they begin to swim flat, with the eye side up.

Monterey Bay Aquarium Seafood WATCH® rates wild caught Dover Sole from Alaska, California, Oregon and Washington as a "Best Choice" and wild caught Dover Sole from British Columbia as a "Good Alternative."

**Sources**

- **Species Name**
  - *Microstomus pacificus*

- **Source**
  - The Pacific Dover is found on the west coast from California to Alaska. Pacific Dover Sole should not be confused with TRUE European Dover Sole which is found in the North Sea to the Mediterranean.

- **Seasonality**
  - Dover Sole is available both fresh and frozen year round.

- **Fishing Method**
  - Sole is a classic wild fish. It is most often caught by fisheries using the trawling method.

**Features**

- **Flavor**
  - Dover Sole has a firm textured flesh with a delicate taste.
**Dietary Information**
Per 3.5oz (100g) raw edible food:
- Calories 91
- Total Fat 1.18g
- Total Protein 18.8g
- Omega-3 0.2g
- Cholesterol 48mg
- Sodium 81mg

**Appearance**
The flesh is white, in both the raw and cooked form.

**Form**
Pacific Dover Sole is available in fresh or frozen fillets, or dressed.

**Uses**

**Preparation**
Sole is a very versatile fish. It can be poached, steamed, baked or broiled.

**Substitution**
Any variety of Flounder can be substituted for Sole because of the delicate texture that is predominate in both fish.

**Handling**
Fresh Pacific Dover Sole should be refrigerated at 30-34 degrees F. Whole fish should be surrounded with fresh ice in a perforated pan which allows any water to drain away from the product for maximum shelf life. Never directly ice a Pacific Dover Sole fillet. Filleted product should be stored in a sealed plastic container and surrounded with ice.

**Serving**
Because of its delicate flavor, it is easily overpowered by strong flavors. Dover Sole is delicious with a lemon-dill sauce, or a simple coat of butter.

**Market**

**Pricing Scale**
Wild capture Pacific Dover Sole prices have increased over the last few years due to dwindling supply but still remain a good value. Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing information.
Shelf Life
Fresh whole Pacific Dover Sole which has been handled and stored properly should retain optimum quality for 3-4 days. Once the fish is filleted product should be used within 2-3 days.

Frozen can be commercially stored for up to six months.

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<th>Market Names</th>
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<td>Pacific Dover Sole, Dover Sole, Sole</td>
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<th>Where Caught</th>
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