

# THE GOODLIFE SOCIETY RECIPE COLLECTION

From the Dr. Kosta & Dave TV Show

## **DOVER SOLE with WHITE WINE SAUCE**

### **Ingredients:**

8-10 medium size filets of Dover or other type of sole  
2 eggs, beaten  
2 cups panko plus 2 Tbsp rice flour  
¼ cup olive oil

### **Sauce:**

1 bottle dry white wine, preferably Sauvignon Blanc, Chardonnay or similar  
1 cup half & half  
2 tsp minced garlic  
2 tsp minced fresh dill  
1 tsp honey  
1 Tbsp Dijon mustard

### **Procedure for sauce:**

- 1) Place olive oil in skillet on med-high heat
- 2) Dredge each piece of fish in egg wash, then into panko-rice flour mixture
- 3) Sauté on each side approximately 30 seconds to 1 minute. Do not overcook.
- 4) Spoon sauce onto plate, then place fish over sauce. Garnish with 1 tsp sauce over fish plus sprinkle chopped dill on top.

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