

## Oregon Sole Royale

¾ lb.	Oregon Sole Fillets
1 cup	All purpose flour
3 Tbsps.	Butter, unsalted, NOT margarine
½ cup	Green onion, finely chopped
¼ cup	Orange juice concentrate, diluted with ¼ cup water
½ cup	Mandarin orange sections, drained
2 Tbsps	Fresh ginger, finely minced
	Salt & Pepper to taste

1. Dredge the Sole fillets in flour, shaking off excess.
2. In a large sauté pan over high heat, melt butter. As soon as the butter is hot, add the Sole and sauté for 2 minutes.
3. Turn the Sole and add green onions, diluted orange juice concentrate, orange sections, ginger, salt and pepper.
4. Continue to sauté for 2 minutes longer.
5. Remove Sole to a warm serving platter and top with the orange, green onion, ginger mixture.

To accompany this wonderful dish, may I suggest a small Caesar Salad, buttered Basmati Rice, baby Lucerne peas and a well-balanced Oregon Riesling or Viognier. Enjoy!!