



Regina Castellano - Stuffed Sole with a Buerre Blanc Sauce

Wine: Delas Frères, Viognier

Stuffing

2 Cups Butter
1 Red Bell Pepper
1 Celery Stock
1 Yellow Onion
2 Garlic Cloves
1 Can Lump Crab
¼ Cup Sour Cream
4 Cups Panko
1 Bunch Cut Chive
Salt & Pepper to Taste

Buerre Blanc

1 Quart Heavy Cream
2 Sticks of Soft Butter
1 Shallot
2 Garlic Cloves
4 Stems of Thyme
1 Lemon
16oz White Wine

Sole

6 Filet of Sole
2 Lemons Cut Into Wheels
White Wine

Directions

Crab Stuffing: Dice all Vegetables, Garlic. Cook in Butter until translucent. Do Not drain butter, add to Panko and Sour Cream. Mix well.

Buerre Blanc: Dice Shallot and Garlic. Cut Lemon in half. Place in medium sauce pan with thyme and wine. Simmer until reduced by 90 percent. Add Cream and reduce by 5-10 percent or until become thick. Strain out thyme, garlic, shallot, and lemon. Slowly whisk butter into the cream mixture.

Sole: Preheat oven to 350. Place ¼ cup of crab stuffing into center of filet. Roll from top to bottom. Place filet with bottoms down in a greased baking pan. Season with white wine, lemon wheels, and salt and pepper. Cook for 15 minutes or until firm.

Serve with Buerre Blanc and Garnish with Lemon Wheel and Chives.

Chef Regina Castellano - One day, while living in California, someone asked Chef Regina where do you see yourself in 10 years? Her response was, "I would like to go to culinary school and become a chef." Needless to say, 11 years later here she is . . . a Chef on Cape Cod, the place she grew up.

Chef Regina spent most of her first years learning to cook in Florida at a country club, where she learned the way of Southern cooking. Three years ago, she moved back to the Cape where her career began to take off. She has worked under Ruth Manchester of the Bramble Inn and Jonathan Haffmans of Vers.

