



# Sole

## description

Sole are flatfish. Other species of flatfish include flounder, dab, fluke, halibut, plaice, and turbot. The distinction between the different species is confusing, for instance, some soles and flounders are known by both names. In southern states the preference is flounder, and in northern states, it is sole. Scientifically, however, they are all members of one taxonomic order: Pleuronectiformes or “Flatfish,” a name actually meaning “side-swimmers.” Within this order there are four commercially important families: Bothidae, Scophthalmidae, Pleuronectidae, and Soleidae. True sole only belongs to the Soleidae family. The most important family in commercial terms is the Pleuronectidae family, which includes Alaska plaice and European plaice.

## other information

Flatfish (as sole and flounder are commonly referred to) are the only vertebrates that have asymmetry, both eyes on one side of the head. Some species are sinistral (left-eyed) and some are dextral (right-eyed). Flatfish have a unique coloration. The side of the eyes is darker, often spotted, while the underside is a creamy white color. Cooked meat is white.

## alternatives

This flatfish has many alternatives within its own species. Simply use another sole, flounder, etc. in its place.

## source

Flatfish dwell in oceans throughout the world. They are primarily harvested in the North and South Atlantic and the North and South Pacific.

## harvest method

Flatfish are harvested mostly by trawlers and are available year-round.

## flavor

Sole has a mild and delicate flavor.

## texture

Sole is medium-firm with a small flake.

## preparation

Because of their delicate taste, sole and flounder are well suited for elaborate presentations such as stuffing and saucing. They are best poached, steamed, sautéed, pan-fried, or deep-fried.

## quality control

The flatfish should be carefully iced on-board the ships, preferably held in boxes or on shelves. They should be placed with dark side down to prevent discoloration of its lighter side.

## market segments

Sole is appropriate in the casual dining, fine dining, hotel, and resort/club segments of the market.

## nutritional facts

3.5 oz (100g) raw edible portion

Calories 91; Calories from Fat 11; Total Fat 1.2g; Saturated Fat 0.28g; Cholesterol 48mg; Sodium 81mg; Total Carbohydrates 0g; Protein 18.8g; Potassium 36mg.



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