
Sole Oscar

*Georgetown Inn - Mount Washington, PA
Pittsburgh Chefs Cook Book - 1989*

Servings: 4

2 pounds fresh sole
24 ounces jumbo crabmeat
18 large pieces fresh asparagus
6 egg yolks
lemon juice from three lemons
20 ounces butter
pinch white pepper
pinch salt
1/2 teaspoon Worcestershire sauce
2 teaspoons Louisiana hot sauce
White wine for poaching

Make the Hollandaise sauce: The eggs must be at room temperature. The drawn butter must be hot, 180 degrees.

Separate the eggs. Put the yolks in a warmed bowl. Using a wire whip, start adding butter very slowly, whipping continually (do not stop whipping when adding butter). CAUTION: The sauce will break down if the butter is added too fast. Also, you can thicken the sauce by adding more butter and the converse is also true.

When the desired texture is obtained, add the lemon juice, pepper, hot sauce, Worcestershire sauce and salt.

For the Sole Oscar: Blanch the asparagus, keeping it crisp.

Poach the sole in white wine. When the sole is almost done, add the jumbo crabmeat and asparagus to warm.

Place the sole on a plate. Then place the jumbo crabmeat and asparagus on top of the sole in that order.

Top with the Hollandaise Sauce and serve.

Seafood

Per Serving (excluding unknown items): 1245 Calories; 124g Fat (85.5% calories from fat); 19g Protein; 28g Carbohydrate; 13g Dietary Fiber; 629mg Cholesterol; 1200mg Sodium. Exchanges: 1/2 Lean Meat; 5 1/2 Vegetable; 24 Fat; 0 Other Carbohydrates.