

Recipes

from Eastern Fisheries



SOLE FISH CAKES WITH A RED-PEPPER REMOULADE

PREP TIME: 15 MINUTES | TOTAL TIME: 30 MINUTES | SERVINGS: 7 CAKES

INGREDIENTS:

4-5 cups water
1 cup dry white wine
1 bay leaf
2 cloves garlic, peeled
3 sprigs fresh thyme
1 pound sole
3 large Yukon Gold potatoes, peeled & cubed
6 tablespoons extra virgin olive oil
2/3 cup whole milk
2-3 tablespoons fresh flat leaf parsley, chopped
1 cup all purpose flour
Salt and black pepper, to taste

DIRECTIONS:

Combine the water, wine, bay leaf, thyme and one clove of garlic in a large sauté pan. Bring to a simmer over medium-low heat. Add the fish and poach for 5-6 minutes. In another large pot, cook the potatoes in boiling salted water until tender when pierced with a fork, 20-25 minutes. Drain the potatoes. Mash using a masher or fork. Mince the remaining clove of garlic. Add the minced garlic, 3 tbsp. of olive oil and the milk to the potatoes, mix until smooth. Combine the poached fish and the potato mixture. Blend well. Stir in the fresh parsley. Scoop out approximately 1/2 cup of mixture and shape into small cakes about 2" in diameter. Place on a baking sheet, cover and refrigerate for 1 hour. Bring cakes to room temperature and dust each cake lightly with flour on both sides. Heat the remaining 3 tbsp. of olive oil and sauté the cakes over medium heat until golden brown, 2-3 minutes per side.

REMOULADE

1 cup mayonnaise
1/4 cup roasted red pepper puree (7oz. jar red roasted peppers, pureed in blender)
1/2 ounce fresh lemon juice
2 tbsp. of prepared horseradish
1/4 cup fresh flat leaf parsley, chopped
Salt and pepper to taste

Mix all ingredients in a bowl and season to taste..



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