

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 ½ 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
- ¼ cup roasted red pepper puree (7oz. jar red roasted peppers, pureed in blender)
- ½ ounce fresh lemon juice
- 2 tbsp. of prepared horseradish
- ¼ 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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