



Baked Lingcod with Sorrel

40 min

CA

OR

WA

Serves 4

Ingredients

Lingcod

5 cups Sorrel, triple washed and roughly chopped

1 tbsp olive oil

3/4 - 1 lb lingcod fillet

Kosher salt to taste

1/2 tsp lemon pepper

1/2 tsp cracked black pepper

Flaky salt to taste

Garnish

1 tsp chopped fresh parsley
1 tsp diced pickled red peppers
Olive oil for drizzling

Cook

Pre-heat oven to 375° F.

Spread the rinsed and chopped sorrel out on a rimmed baking sheet or oven proof glass baking dish, drizzle with ~1T olive oil, and sprinkle with kosher salt. Carefully remove any pin bones from the lingcod fillet, and pat dry with paper towels. Season with kosher salt, lemon pepper, and cracked black pepper and lay on top of the fresh sorrel.

Bake at 375° F for 15-20 minutes, depending on the thickness of your fillet. The fish is done when it looks opaque and just barely flakes.

Remove from oven and garnish with fresh chopped parsley, diced pickled red peppers, and a drizzle of extra virgin olive oil. Lastly, top with a light sprinkle of flaky salt.

Home-cook tip: If you can't find sorrel, you can substitute another leafy green like spinach and then finish with a squeeze of lemon just before serving.

Recipe by Anne Berblinger

Photo by Amanda Gladics

Species Group

Rockfish, Cod, Lingcod, Sheepshead