

Cumin-Fried Petrale Sole

45 min
CA
OR
WA
Serves 4

Ingredients

Fish and batter
1 pound fresh petrale sole (or other species of sole) fillets
1 teaspoon powdered cumin
2 eggs, beaten
½ cup flour
1 cup panko bread crumbs
Salt and pepper
Vegetable oil

Aromatics for oil (some or all)
1 teaspoon Sichuan peppercorns
12 whole dried chiles
A smashed garlic clove
2-3 slices of fresh ginger

Garnish
1 cup of loosely packed cilantro with stems
1 thinly sliced jalapeno
1 celery stalk, cut into thin matchsticks
1 tablespoon minced garlic
2-3 green onions, chopped

Prepare Fish
Pat fish dry with a paper towel. Sprinkle each fillet on both sides with a little salt, pepper, and 1/3 of the powdered cumin.

Prepare your frying station
Gather a medium-size bowl for the two beaten eggs, and two plates, one for flour and one for bread crumbs.
Add a generous amount of salt, pepper, and the rest of the cumin to the flour and bread crumbs, and mix well.
Prepare another plate or tray with a layer of paper towels to drain fish after frying.
Place aromatics in a bowl, and prepare a bowl with garnishes.
Heat a cast iron pan on medium-high, then add enough oil to cover the bottom to about 1/2-inch.
Warm the oil until it shimmers, then add aromatics and fry until fragrant for a couple of minutes.
Remove all of the aromatics with a wire skimmer.

Fry the fish
Working quickly, dredge each fish fillet in flour, then coat it in the eggs, then dredge it in bread crumbs.
Place coated fish in frying pan. You will likely need to fry in two or three batches.
Flip fish after you see bottom is turning golden brown, and cook the other side

thoroughly. Remove with tongs, and drain on a plate with paper towels. Remove any excess bits in hot oil with wire skimmer before adding a new batch of fish. When all the fish is cooked, add garnish ingredients to oil and fry no more than 10-15 seconds.
Remove from oil, then assemble the dish: layer the fillets with the garnish, creating a stack of fish.

Notes

Use your favorite batter or crumb mixture for these savory fried fillets.
Inspired by a popular Chinese dish at a restaurant in Eugene, OR, I use local fish, thin fillets of petrale or Dover sole that fry up so well. Serve with rice or even in fish tacos.

Recipe and photo by Jennifer Burns Bright

Species Group
Sole, other Flatfish