



Fillet of Sole, Stuffed with Dungeness Crab and Poached

30 min

CA

OR

WA

Serves 4-8

Video Avail

Ingredients

For the fish

4–8 filets of dover sole, about 4-5 oz each

1 cup fresh bread crumbs

3 tsp fresh-picked oregano, chopped

3 tsp Italian parsley, chopped

3 tsp parmesan cheese, grated

6–8 ounces Dungeness crab meat, picked and cleaned

As needed, extra virgin olive oil

4–8 skinny bamboo or wood skewers soaked in water 10 mins.

For the sauce

Extra virgin olive oil, as needed

3 cloves garlic, chopped

1 shallot, chopped

1 small onion, diced

1 small carrot, diced

1 small bulb fennel, diced

1/2 cup dry red wine

1 each 16 oz cans diced tomatoes with juice

1 tsp sea salt

1 tsp cracked coriander

8 leaves fresh basil, Chiffonade, just before service

Method to prepare and stuff fish

Rinse fish and pat dry with paper towels, season with salt, coriander and pepper. Set aside to make the filling.

Toss together lightly, the crumbs with herbs, cheese and crab meat. Add a few drops of olive oil to moisten crumbs.

Divide into equal portions and place onto and coat each filet evenly (Note: If It doesn't stick, the fish is too wet).

Pat dry with paper towel and place filling on fillet.

Roll the fish from one end to the other and secure with skewers. Refrigerate until ready to cook.

To make the sauce

Add extra virgin olive oil to bottom of preheated Dutch oven.

Add garlic, shallot, onion, carrot and fennel and cook until vegetables are aromatic and still firm.

Add wine, tomatoes, sea salt, oregano and coriander. Bring to simmer. Hold warm until you are ready to add the sole.

For serving

Gently place sole on top of simmering sauce, cover pan and cook for 5-7 mins.

Taste the broth and adjust seasoning if needed with sea salt, coriander and black pepper.

Dish up into shallow bowls and top with a drizzle of your favorite extra virgin olive oil and shredded basil.

Recipe by Bob Neroni, EVOO

Species Group

Crab, Lobster

Sole, other Flatfish