

A

sole

Ginger-Steamed Alaska Sole Curls [china]

SERVES 10

Alaska Sole fillets, 2 oz. 30 ea.
 Salt and pepper to taste
 Ginger, julienne ½ cup
 Cilantro leaves ½ cup
 Scallions, shaved ½ cup

1. Season sole fillets to taste with salt and pepper; sprinkle cilantro and ginger on the skinned side and roll each fillet, meat side out, into pinwheel.
2. Per order, place three pinwheels in a heat-proof dish, rolled side facing up.
3. Steam until cooked through, about 10 minutes.
4. Garnish with scallions.

SUGGESTED ACCOMPANIMENT: Sesame Cucumber Salad

L

sole

Frijoles-Filled Alaska Sole [el salvador]

SERVES 10

Alaska Sole fillets, 6 to 8 oz. 10 ea.
 Salt and pepper to taste
 Chili powder 1 Tbsp.
 Black beans, seasoned, 2½ cups
 smashed and cooked until very thick
 Lime wedges 10 ea.

1. Season sole to taste with salt and pepper; dust flesh side with chili powder.
2. Place fish chili-side down on work surface; scoop ½ cup of beans in middle of each fillet.
3. Wrap fish, skinned side in, around beans; transfer to pan for broiling.
4. Broil fish until golden brown and cooked through.
5. Serve with lime wedge.

SUGGESTED ACCOMPANIMENT: Mango Pico de Gallo

M

sole

Spiced Alaska Sole with Orange and Fennel Salad [tunisia]

SERVES 10

Fennel, shaved 6 cups
 Herb vinaigrette ½ cup
 Harissa 1 Tbsp.
 Oranges, peeled, cut in ⅓-in. slices 10 ea.
 Alaska Sole fillets, 6 to 8 oz. 10 ea.

1. Toss together the fennel, herb vinaigrette and harissa.
2. Arrange orange slices on plate; top with fennel salad.
3. Sauté sole until cooked through and place on top of salad.

SUGGESTED ACCOMPANIMENT: Crispy Parmesan Chips

A

sole

Butter-Roasted Curried Alaska Sole [india]

SERVES 10

Unsalted butter	½ cup	1. Melt butter with curry powder, whisking to combine.
Curry powder	2 tsp.	2. Season sole to taste with salt and pepper; brush with butter.
Alaska Sole fillets, 6 to 8 oz.	10 ea.	3. Roll, skinned side in, into desired shape.
Salt and pepper	to taste	4. Roast in 450°F oven until cooked through.

SUGGESTED ACCOMPANIMENT: Sautéed Spinach with Yogurt

L

sole

Mexican Rice Cazuela with Alaska Sole [mexico]

SERVES 10

Cilantro, chopped	1 cup	1. Mix cilantro and red onions into rice. Transfer to individual baking dishes.
Red onion, slivered	1 cup	2. Season sole to taste with salt and pepper; nestle fillets and tomato wedges in rice.
Rice, cooked	5 cups	3. Bake at 400°F until fish is cooked through.
Alaska Sole fillets, 6 to 8 oz.	10 ea.	4. Garnish with cheese.
Roma tomatoes, each cut into 6 wedges	10 ea.	
Queso fresco, shredded	1 cup	

SUGGESTED ACCOMPANIMENT: Poblano Potatoes