

Herb-Crusted Petrale Sole with Oregon Bay Shrimp & Citrus Butter

***Serves 4 as a main course**

1 # Petrale Sole Fillet (cut in half along the center line; you should have approx. 8 fillets)

TT Salt

Shrimp Stuffing (recipe to follow)

Herb Crust (recipe to follow)

For the garnish:

1 c Yukon Gold Potatoes (diced & blanched in salted water)

1/2 c Arugula (or pea tendrils)

1/2 c Wild Oregon Bay Shrimp

TT Citrus Vinaigrette (recipe follows), Salt & Pepper

Salt the fish to taste and refrigerate for a minimum of one hour to allow the seasoning to penetrate the fillets. Lightly season a foil lined baking dish with softened butter and arrange half of the fish in an even layer; spread some of the stuffing over the top of each fillet and top with the remaining fillets. Cut strips of the herb crust approximately the same size as the fillets and place over the fish bundles. Bake in a 350 degree oven until cooked through (about 12 minutes), remove from the oven and arrange on serving plates. Garnish with a salad of Oregon bay shrimp, potatoes, arugula and vinaigrette.

For the garnish:

- 1 c Yukon Gold Potatoes (diced & blanched in salted water)
- 1/2 c Arugula (or pea tendrils)
- 1/2 c Wild Oregon Bay Shrimp
- TT Citrus Vinaigrette (recipe follows), Salt & Pepper

For the stuffing:

- 1 # Gulf Shrimp (peeled & deveined)
- 2 ea Large Eggs
- 1 p Cayenne Pepper
- 1/2 c Heavy Cream
- TT Nutmeg, Salt & White Pepper

Combine all of the ingredients except for the cream in a food processor and chop until a paste is formed. Keep the machine running and slowly add in the cream little by little until the color has lightened and all of the cream has been used. Adjust the seasoning if desired. Place into a piping bag and refrigerate until needed.

For the herb crust:

- 1 bu Parsley (roughly chopped)
- 1 bu Tarragon (roughly chopped)
- 1 c Baby Spinach (washed & dried)
- 1/4 c Breadcrumbs
- 1/2 # Unsalted Butter (cut into 1/2 inch cubes, at room temperature)
- TT Salt

Combine all of the ingredients except for the butter in a food processor and chop until a bright green dough is formed, then add the butter a little at a time until all of the butter has been used and the mixture is homogenous. Place in between

two sheets of wax paper (you may also use plastic wrap) and use a rolling pin to form a 1/4 inch thick sheet. Refrigerate until needed.

For the citrus vinaigrette:

1/4 c Citrus Juice (use a mix of lemon, lime & orange)

1/2 c Grapeseed Oil

1 t Chives (finely sliced)

1 t Dijon Mustard

1 t Honey

TT Salt & Pepper

Combine all of the ingredients in a bowl and whisk together. Adjust the seasoning as needed with salt and pepper.