

Petrale Sole Roulade

Prep time: 35 minutes

Difficulty: Easy

Serves: 4

Recipe by Gracie Schatz

4-6 oz. fillets of Petrale Sole (medium size)*

2 T. oil (canola, avocado, safflower or rice bran)

1 large fennel bulb, sliced (reserve fronds for garnish)

½ cup pitted olives (whichever ones you like best!)*

1 T. tarragon or Dijon mustard*

1 T. butter

2 large shallots, sliced*

3 cloves garlic, minced

1 large lemon, zested*

Splash of dry white wine*

**Available at Newman's Fish Company*

Preheat oven to 375°F. In a large cast iron or non-stick pan over high heat, melt butter and add oil. Add sliced shallot add fennel bulb and stir constantly, until they are golden brown, 10 to 15 minutes. Add garlic and reduce heat to medium, cooking until the garlic has softened, about 2 minutes. When the onions and fennel start to stick to the bottom of your pan, add a splash of white wine and use a metal spatula to scrape any stuck bits off the pan. Remove from heat and add pitted olives and zest from lemon. Taste this mixture for saltiness. If it is very salty, there is no need to salt the fish. If it is bland, you can salt the Petrale. Lay your four Petrale sole fillets out flat on a clean surface. Spread a half tablespoon of tarragon or Dijon mustard on each fillet and then spread a ¼ cup of caramelized shallot and fennel filling evenly over the mustard. Roll the fillet up, starting at the tail (most narrow tip), until it is nice, tight roulade. On an oiled baking sheet or glass Pyrex dish, lay the roulades side by side. Make sure they are close together to prevent them from unrolling during baking. Bake for 10 minutes. The internal temperature should be 135°F, but you can just press down on the roulade and see if it has a firm bounce back. Once they are baked you can plate them and top them with any addition caramelized onion filling, fennel frond and a squeeze of lemon.

You can add anything you like to the filling (spinach, Swiss chard, even bacon is great!), and prepare the filling ahead of time if you want a quick and impressive meal for your family or guests.



These beautiful and easy to prepare roulades are lovely over scalloped potatoes, or just served with a fresh salad. Drink sparkling wine or a nice dry white and you will not be disappointed!

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