

Alaska Sole and Wild Mushrooms



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 8

Ingredients:

Sole and Mushrooms

2 ½ lbs. Alaska Sole fillets, 5 oz. ea.

Kosher salt and black pepper, to taste

½ cup olive oil

2 Tbsp. + 2 tsp. butter

1 ½ lbs. mushrooms, assorted

(cremini, button, or shiitake), sliced

1 tsp. thyme, fresh, chopped

¼ cup + 4 tsp. sherry

Assembly

16 slices sourdough crostini, ½ inch ea., sliced diagonally

Olive oil, for brushing, as needed

3 cloves garlic cloves, fresh, peeled

2 tsp. thyme, fresh leaves

8 fresh sprigs Thyme

Description:

DIRECTIONS PER SERVING

Sole and Mushrooms:

Season sole fillet with salt and pepper, set aside. Heat 1 Tbsp. olive oil and 1 tsp. butter in large skillet. Add fillet to hot pan and cook 1 minute. Gently turn fish then add 3 oz. of sliced mushrooms, gently tossing in pan. Add 1/8 tsp. chopped thyme and 1 tsp. sherry. Cook until fish is opaque throughout and mushrooms have softened.

Assembly:

Brush 2 slices crostini with olive oil, fully cover, and toast or grill until lightly browned. Rub garlic clove on one side of crostini. Place fillet on plate and pour mushroom mixture over crostini. Sprinkle with ¼ tsp. thyme leaves and garnish with 1 sprig of thyme.

ALTERNATIVE SERVING SUGGESTIONS

1. Serve sole and mushroom mixture over cooked fettuccine noodles. Toss with extra thyme leaves.
2. Add the mushroom mixture to risotto. Place seasoned and sautéed sole on a bed of mushroom risotto.