

Green Chermoula Alaska Sole (Flounder) Sabich



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 1-2

Ingredients:

Chermoula Marinade:

2 bunches cilantro

1 bunch fresh parsley

2 Tbsp. fresh mint leaves

1 Tbsp. cumin seeds

1 lemon, zested and juiced

6 cloves of garlic

2 tsp. paprika

1 tsp. Aleppo pepper

2 cups olive oil

Eggplant:

1 small eggplant, peeled

2 cups flour

2 eggs

1 cup water

2 cups panko bread crumbs

3 cups vegetable oil

Beet Pickled Eggs:

3 cups water

1 raw red beet, peeled and diced

2 cups white vinegar

1 cup sugar

2 eggs, cooked 10 minutes or until medium/hard boiled

Tahini Sauce:

2 Tbsp. sesame paste

2 Tbsp. water

1 Tbsp.fresh lemon juice

¼ Tbsp. garlic powder

Salt (to taste)

Freshly ground black pepper (to taste)

Israeli Salad:

6 cherry tomatoes, halved

½ English (seedless) cucumber, diced

¼ red onion, diced

1 Tbsp.fresh lemon juice

Salt (to taste)

Freshly ground black pepper (to taste)

Assembly:

4 oz. Alaska sole (flounder) fillet

2 oz. green chermoula marinade

3 oz. hummus (store-bought or homemade)

2 oz. tahini sauce

2 oz. Israeli salad

1 beet pickled egg

1 oz. fresh dill

1 oz. fresh mint leaves

1 oz. fresh cilantro

pita round (cut in to form a pocket)

Description:

Recipe by Chef Chris Shepherd

For Chermoula Marinade:

Toast spices in a pan and blend everything together in a blender.

For Eggplant:

Slice eggplant in 1 in. rounds and bread with flour, egg wash, and bread crumbs. Heat frying pan to medium heat, about 350°F and place breaded eggplant in the pan for 2 minutes each side or until golden brown.

For Beet Pickled Eggs:

Heat water, vinegar, sugar, and beets until mixture boils and is red in color. Cool and pour over eggs.

Tahini Sauce:

Blend ingredients in a blender until smooth.

Israeli Salad:

Mix ingredients in a bowl.

Assembly:

Marinate sole in the green chermoula for 24 hours. Remove from marinade and cook in 400°F oven for 10-12 minutes. Remove and let fish cool.

To assemble the sandwiches, spread the hummus evenly into the pita pockets, stuff with the fried eggplant rounds and ¼ beet pickled egg. Spoon in the Israeli salad and then add the cold fish. Drizzle with the tahini sauce and garnish with fresh herbs.