

Spicy Tsuyu Braised Sole with Lime Leaf and Ginger



Preparation Time: 6 minutes

Cook Time: 10 minutes

Servings: Serves 4

Ingredients:

4ea sole filet (about 6oz each), refreshed

1 strip kombu (about 0.5oz)

1pt sake

1c tamari

1c mirin

2ea thai chili

8ea makrut lime leaf

2tbsp canola oil

2tbsp pickled ginger, julienned

1tbsp picked cilantro leaves

Description:

Recipe by Chef Rachel Yang

INSTRUCTIONS

Make spicy tsuyu by toasting kombu on a small sauté pan or on an open flame until it's soft and pliable. Blend kombu and thai chili with all liquid. Place Sole filets on a baking pan large enough to fit fillets in one layer and marinate them with spicy tsuyu for at least 6 hours.

Add canola oil and makrut lime leaf in baking pan. Place the baking pan in a 350F convection oven (400F conventional oven) for about 5-7 minutes.

Serve the fish with braising liquid, pickled ginger and cilantro.

WHY DID I CHOOSE ALASKA SOLE FOR THIS RECIPE?

Alaska sole is lean and tender with mild flavor, which makes it a versatile fish to cook. It's very typical to find some sort of soy sauce braised fish in Asia. In this dish, addition of charred Kombu, Thai chili, and makrut lime leaf add savory, spicy and citrusy kick to the classic preparation.