

Spicy Tsuyu Braised Alaska Sole with Lime Leaf and Ginger



Preparation Time: 6 minutes

Cook Time: 10 minutes

Servings: Serves 4

Ingredients:

4 ea Alaska sole fillets (about 6 oz each), refreshed

1 strip kombu (about 0.5 oz)

1 pt sake

1 cup tamari

1 cup mirin

2 ea Thai chilis

8 ea makrut lime leaf

2 tbsp canola oil

2 tbsp pickled ginger, julienned

1 tbsp picked cilantro leaves

Description:

Recipe by Chef Rachel Yang

"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." - *Chef Yang*

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 350 F convection oven (400 F conventional oven) for about 5-7 minutes.

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