

09/13/12 - Petrale Sole Roll Ups

Try a different fish this year for Rosh Hashanah if you are adventurous. I made this the other night and it was all consumed, usually a good sign that it tastes great. Serve it cold or room temperature; you can add a tartar sauce or red pepper sauce. In my home we are eating less sauce as a means of consuming fewer calories.

Serves 8 (appetizer size)

2 tablespoons safflower oil

1 cup red bell pepper finely diced

2 celery ribs finely diced

1 medium onion finely diced

2/3 cup fennel finely diced

1/2 cup parsley finely chopped

Salt

Pepper

1 tablespoon lemon zest

2/3 cup panko

2 tablespoons safflower oil

1 pound Petrale sole filets or other thin white fish filet about 2 inches wide by 6 inches long

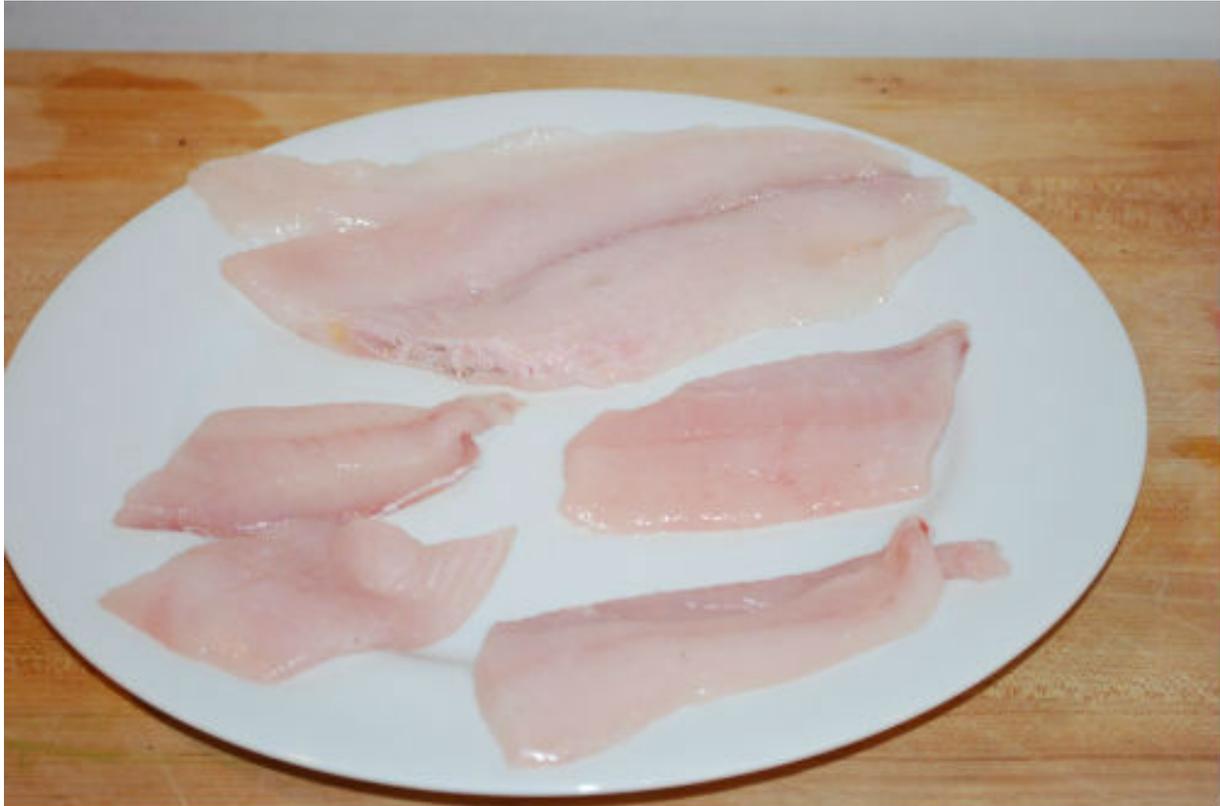
Additional Safflower oil for frying

Heat a 12 inch sauté pan on medium-high heat. Add oil and then, add vegetables. Sauté vegetables until onions are translucent but vegetables are still a little crisp. Add parsley, stir, season with salt and pepper. Lastly add lemon zest and panko crumbs. Stir and set aside to cool.

Place a couple tablespoons of cooled filling at the bottom of fish filet half and roll up. Secure with a couple of tooth picks. Repeat for all fish pieces.

Heat a 12 inch non stick sauté pan over medium-high heat. Add oil and add fish roll-ups. Sauté until golden on all sides using a tong to gently turn fish roll ups as they become golden. Remove roll-up from pan to a plate. Set aside to serve when





This is Petrale sole for another recipe but you can see the long filets and where to cut them in half.

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