

Petrале Sole Pomodoro

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I love fish and try to have it at least two times a week. This Petrале sole pomodoro recipe is easy, delicious and quick, it can be on your table in less than 30 minutes. You will feel good too about serving your family and friends a healthy meal.

This petrале sole is an impressive meal. Family and friends will think it took a lot longer to prepare. This fish recipe is fancy enough for Saturday night dinners with friend and easy enough for busy weeknight family meals!!!!

What to know about this Petrале sole pomodoro recipe

Petrале sole is considerate to be the most flavorful and desirable of the Pacific Flounders. They have a mild, delicately nutty, sweet flavor with small firm flakes. It is one of my favorite of fishes.

Petrале sole can be pricey and not available all year round. The good news is that this recipe works well with any white fish that fits your taste and budget.

About the frying oil I use a canola and olive oil blend. And for the sauteing always extra virgin olive oil this becomes a part of the sauce and its important to use good quality extra virgin olive oil.

Also important in these saucy recipes is to use the right size pan to hold all the ingredients. Here is a link to my favorite deep saute pan.

If you make this easy Petrale sole pomodoro recipe please leave me a comment. I love hearing from you. It's my favorite part!!!

Ingredients

- 2 lbs. petrale sole
- 1 cup frying oil
- 2 Tablespoons olive oil
- 1 medium chopped onion
- 1 Tablespoons minced garlic
- 3 cups thinly sliced potatoes
- 1 cup white wine or chicken stock
- 2 cups chopped tomatoes
- 1 cup marinara sauce
- 1 Tablespoon chopped Italian parsley
- Salt and pepper to taste

Instructions

1. Salt and pepper the fish and dust lightly with flour
- 2, Bring the 1 cup of oil to medium heat fry the petrale sole fish just until golden and crispy about 3 minutes per side. remove and drain on paper towels
3. clean the pan and add 2 tablespoons of olive oil saute the onion , garlic and potatoes until tender and just beginning to brown. Add the tomatoes saute for 5 minutes, then add the marinara sauce and lemon juice simmer 10 minutes longer.
4. Add the Italian parsley return fish to sauce just to heat through.
5. Plate by first lining the plate with the potatoes then the petrale sole sprinkle with Italian parsley serve with lemon slices. ENJOY!!!