

Panko Crusted Filet of Sole with Lemon-Garlic Asparagus and Baked Potato

Serves 4:

Ingredients

Panko Crusted Filet of Sole:

1 1/2 pounds filet of sole
1/2 cup mayonnaise
1/4 cup whole grain mustard
1 tablespoon finely chopped dill
zest and juice of 1 lemon
kosher salt and freshly ground black pepper
1 tablespoon unsalted butter
1/2 cup whole wheat panko crumbs

Lemon-Garlic Asparagus:

1 1/2 pounds asparagus, preferably thick
1 tablespoon butter
2 garlic cloves, pressed
sea salt and freshly ground black pepper
juice of 1/2 lemon

Baked Potatoes:

4 Russet or Idaho Potatoes
sea salt
sour cream
1/4 cup finely chopped chives

Preparation

Preheat the oven to 400 degrees.

Scrub the outside of firm Russet or Idaho potatoes well.

Pierce the skins all over with the tines of a fork and place on a baking sheet.

Place in the oven and bake for 45 minutes to an hour, until tender.

Prepare asparagus first: bend one asparagus stalk--it will naturally snap where the woody end begins.

Use that stalk as a marker and chop the rest of the asparagus at around the same point.

To make the spears more tender to eat, use a peeler to peel the stalks about a third of the way up.

Bring a sauté pan filled with water to a boil.

Add the asparagus, bring back to a low boil, and blanch for 3 or 4 minutes until just cooked through.

Drain, dry with paper towel, and set aside.

Wipe out the sauté pan and reserve.

Make sauce for fish: in a small bowl, mix together mayonnaise, mustard, dill, lemon zest and juice.

Lay the fish filets on a parchment lined baking sheet.

Spread the sauce thickly on top of each filet with a spoon.

Season the fish with kosher salt and freshly ground black pepper.

In a small skillet over medium low heat, melt butter.

Add the panko crumbs and toast, stirring frequently. Set aside.

Place the fish in the upper third of the oven.

Bake for 3 to 4 minutes, until sauce is slightly golden.

Remove the baking sheet from the oven and top each fillet with a coating of panko crumbs.

Put fish back oven and continue to bake for 2 to 3 minutes, until topping is golden and fish are sizzling.

Reheat the sauté pan (used for the asparagus) over medium low heat.

Melt a tablespoon of butter in the pan and add asparagus, tossing in the butter.

Sprinkle with the pressed garlic and let slowly sauté for 3 or 4 minutes.

Season asparagus with sea salt and freshly ground black pepper.

Plate and sprinkle all over with lemon juice.

Remove the potatoes from the oven and plate with the filets of fish.

Cut a cross in the top of each potato and pinch the sides to open.

Season with sea salt, top with a generous dollop of sour cream, and garnish with freshly chopped chives.

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