



The Seafood Center
Astoria, Oregon

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Pan Fried Petrale Sole with Tropical Salsa

4 fillets of fresh petrale sole
Salt & pepper to taste
Enough flour to coat the sole with
2 tbsp extra virgin olive oil
Tropical Salsa (recipe follows)

Season the petrale fillets with salt & pepper. Dust them in flour, shaking off the excess. Heat the olive in pan over medium high heat and carefully add the fillets. Cook for 2-3 minutes or until nice and brown. Flip and let cook another 2-3 minutes depending on thickness. Transfer to plates and top with salsa.

Serves 4

Tropical Salsa

1 mango, chopped
1 avocado, chopped
1/2 red onion, chopped
3 vine ripe tomatoes, chopped
3 jalapeños, seeded & chopped
Juice of 3 limes
1/4 cup fresh cilantro, chopped

Mix together all the ingredients. Set aside at room temperature until use.