



The Seafood Center  
Astoria, Oregon

2021 Marine Drive, Astoria, Oregon 97103 (503) 338-6523 [www.seafoodschoool.org](http://www.seafoodschoool.org)

**Petrale Sole stuffed with Pink Shrimp & Dungeness Crab  
with Bacon & Green Onion Hollandaise & Baby Broccolini**

6 8oz Petrale Sole Filets  
12oz Dungeness Crab Meat  
12oz Oregon Pink Shrimp  
3/4 cup grated Parmesan Cheese  
Juice of 2 Lemons  
6 tbs Flat Leaf Italian Parsley, roughly chopped  
Salt & Pepper to taste  
1 cup All Purpose Flour  
1/4 cup Extra Virgin Olive Oil  
30 spears (approx 1 lb) Baby Broccolini, ends trimmed (Asparagus is a great substitute)  
Bacon & Green Onion Hollandaise (recipe follows)

Preheat oven to 350 degrees.

Mix together the pink shrimp, crab meat, parmesan cheese, parsley and lemon juice. Season the mixture with a pinch of pepper and set aside.

Lay out the sole fillets and season each side with salt and pepper. Place about a 1/2 cup of the crab and shrimp mixture on one half of each fillet. Fold the fillet over the crab and shrimp, tucking in any stuffing that sticks out. Lightly dust the top of each stuffed fillet with some flour.

Heat the olive oil over medium high in an oven proof sauté pan. Gently add the stuffed sole filets flour side down. Panfry for 3-4 minutes or until golden brown. Carefully flip each fillet, turn off heat, and pour off any excess oil in the pan.

Place the filets in the oven at 350 degrees for 5-7 minutes, or until the sole is cooked through.

Meanwhile, steam the broccolini spears over lightly salted boiling water for 4-5 minutes or until just fork tender. Drain well and set aside.

To serve, arrange 5 broccolini spears per serving on warmed plates. Carefully cut each stuffed sole fillet in half, and place both halves on top of the broccolini. Top with warm hollandaise sauce and serve immediately.

Serves 6

### Bacon & Green Onion Hollandaise

12 oz Butter, Melted

6 Egg Yolks

1/2 cup Bacon, chopped, cooked and drained

1/2 cup Green Onion, chopped

Juice of 1 Lemon

Dash Tabasco

Pinch Cayenne Pepper

Dash Worcestershire

Salt & Pepper to taste

Place a stainless steel bowl over another pot of boiling water to make a double boiler. Add the egg yolks to the bowl, and whisk them continuously until frothy and the color begins to turn lighter yellow. Watch the heat closely. If the bowl becomes too hot, the egg yolks will begin to scramble. Take the bowl off the heat and slowly begin to drizzle in the melted butter, whisking constantly. The sauce should thicken enough to coat the back of a spoon. When all the butter has been added and is well incorporated, stir in the rest of the ingredients, and keep in a warm spot until ready to use. If the sauce thickens too much, whisk in a little water to thin it before using.