Warwick Area Career and Technical Center
Grey Sole with Chermoula Sauce

INGREDIENTS for the Chermoula Sauce (yields 1 Cup)

- 3/4 teaspoon coriander seeds
- 3/4 teaspoon cumin seeds
- 2 garlic cloves
- 3/4 cup extra-virgin olive oil
- 1/4 teaspoon finely grated lemon zest
- 1/4 cup fresh lemon juice
- 1 teaspoon smoked paprika
- 3/4 teaspoon kosher salt
- 1/4–1/2 teaspoon crushed red pepper flakes
○ 1 cup (packed) cilantro leaves with tender stems
○ 1 cup (packed) parsley leaves with tender stems
○ 1/2 cup (packed) mint leaves

PREPARATION of Sauce

1. Toast coriander and cumin seeds in a dry small skillet, tossing occasionally, until very fragrant, about 2 minutes. Let cool, then lightly crush with a heavy skillet.
2. Purée toasted seeds, garlic, oil, lemon zest, lemon juice, paprika, salt, and red pepper flakes in a blender until spices are ground and mixture is very smooth.
3. Add cilantro, parsley, and mint; process until well combined but slightly textured.

Grey Sole

8 Grey Sole fillets
1 cup Fis/Chic dry dredge (Fis-Chic is an all-purpose batter/breader made with wheat and corn flours)
1 ½ oz salad oil

1. Dredge Grey Sole lightly in Fis/Chic mix, dust off all extra.
2. Sear in a med/hot saute pan, just till golden brown, Do Not Over Cook!
3. Cool till service, Top fish with a spoon of sauce and heat right before service.