

JULY
MARINATED SOLE
(Sfogi in Saor)

INGREDIENTS:

Servings: 6 people

Firm fresh sole fillets	900 g
All-purpose flour	90 g
Olive oil	720 ml
Finely sliced white onions	3-4
Peeled and sliced garlic cloves	2
Chopped sage	1 tbs
Sugar	2 tsp
Red wine vinegar	360 ml
Toasted pine nuts	40 g
Raisins	40 g
Dry white wine	120 ml

TOOLS:

Bowl
Fillet knife
Chef's knife
Cutting board
Paper towels
Large plate
Frying pan
Serving platter
Slotted spoon
Plastic wrap

PREPARATION:

Soak the raisins in dry white wine.

Cut the fillets into 8-11 cm pieces. Lightly coat each piece with flour. Fill a heavy frying pan with olive oil until the oil is 1 cm deep. Heat the oil over medium heat, then fry the fish until it is golden- brown on both sides. Remove the pieces with a slotted spoon and place on a plate lined with paper towels to drain. In the same pan, reheat the olive oil over a very low flame, and sauté the onions and garlic until the onions are translucent, approximately 12 minutes. Add the chopped sage, sprinkle with sugar, and continue cooking for 4-5 minutes. Add the red wine vinegar, and cook until the mixture is reduced by half.

Drain the raisins.

Place the fish on a serving plate. Using a slotted spoon, arrange the onions and garlic mixture over the fish, then cover with the sauce. Sprinkle the pine nuts and raisins over the fish. Cover the fish with plastic wrap and leave at room temperature for up to 12 hours. Refrigerate before serving.