

## Chef from the Hood Recipes



**Chef:**

Liz Ozanich

**Restaurant:**

Brasserie de la Mer, Santa Rosa, California

**Recipe:**

Petrале Sole Dieppoise!

**Ingredients:**

- 4 ounces white wine
- 1 peeled and sliced shallot
- 4 ounces heavy cream
  
- 1 fresh 6 ounce petrale sole filet  
seasoned with kosher salt & fresh ground  
pepper
  
- 3 whole black mussels in shells
- 3 whole Manilla clams in shells
- 2 roasted new potatoes  
(kept warm on a heated plate)
- 1 teaspoon fresh tarragon leaves
- 2 ounces bay shrimp (use fresh if available)

Fresh, local petrale sole and shellfish come together in a beautiful cream sauce that's heaven scented with fresh tarragon and shallot. Chef Liz Ozanich is well known for her lovely French inspired seafood dishes. Because this is the chef's recipe as cooked in her Brasserie de la Mer kitchen, the quantities listed are for one serving; increase amounts as needed.

Heat wine, shallots and cream in a heavy sauti pan. Season sole filet with salt and pepper. Fold filet in half and place in the cream mixture in the sauti pan along with the mussels and clams. Cover and simmer 4 to 5 minutes until fish is firm and shellfish have opened. Remove seafood to the heated plate and arrange with the roasted potatoes. Bring the cream mixture in the pan to a boil and reduce while stirring until it develops a nice saucy consistency and has a silky, bubbly look to it. Taste, adding a pinch of salt and pepper if needed. Add bay shrimp and tarragon, and heat through. Pour sauce over the sole and shellfish and serve immediately.