Wild lemon sole with broccoli rabe and salsa puttanesca from Temple Orange at the Ritz-Carlton

Serves: 2
Preparation: 1 hour

Ingredients:

1 medium white onion, diced
3 cloves garlic, chopped
1/2 cup extra virgin olive oil
1/4 cup white wine
3 ripe tomatoes or a 16-oz can peeled tomatoes
1 ounce white anchovies
1 ounce kalamata olives
1 ounce capers
1 ounce parsley
1 ounce basil

1 pound wild lemon sole
1 bunch broccoli rabe
Salt and pepper to taste

Preparation:

On medium high heat, sweat onion and garlic in olive oil until onions are translucent. Add white wine and reduce until evaporated.

Add tomatoes, breaking them apart with a wooden spoon. Simmer for 30 minutes or until tomato liquid is evaporated. Sauce should have a chunky look. Add anchovies, olives, capers, parsley and basil. Season with salt and pepper as desired. Keep warm.

Heat a sauté pan on high heat. Once pan is warm, add olive oil. Season the fish with salt and pepper and place in the pan. Turn heat down to medium-high. Once the fish starts to get a golden brown color, turn it over using a fish spatula. Cook other side until golden brown.

Meanwhile, blanch the broccoli rabe in boiling water until tender. Place in a mixing bowl and toss with extra virgin olive oil, salt and pepper.

To plate, place 2 ounces of the sauce in the middle of a plate. Assemble fish on top, and then place 2-3 branches of broccoli rabe on top. Drizzle with extra virgin olive oil and enjoy.