



Fillet of Sole with Preserved Lemon Butter Sauce

8 cups loosely packed baby spinach leaves

sea salt

½ of a preserved lemon

4- 6 ounce sole fillets (grouper, red snapper or halibut would work just as well)

salt (kosher is best) and freshly ground pepper

¼ cup of neutral oil (like canola)

2 medium shallots minced

2 large garlic cloves minced

2 tablespoons dry white wine

½ cup fish or chicken stock

¼ cup butter cut into small pieces

¼ cup finely chopped fresh chives

¼ cup capers chopped

fresh lemon

Mound spinach onto 4 plates and sprinkle with sea salt, set aside.

Rinse the lemon under cold water, pat dry with a paper towel remove and discard the pulp. Cut the peel into thin strips and set aside.

Rinse and pat dry the fish fillets, sprinkle with salt and pepper.

Heat non stick skillet over a high heat. Add canola oil and heat until very hot. Add fillets thick side down. Place a smaller lid or small plate over the filets to press them down and help get a nice brown side. Cook for 1 -2 minutes. Carefully flip the fish reduce heat and cook the other side for 2 minutes depending on the thickness of fish, it should flake easily when cooked. Remove fish from pan , set aside and keep warm.

To make the sauce, using the same pan, reduce heat to medium. Add the shallots, garlic and a pinch of kosher salt, sauté about 1 minute. Add the preserved lemon and wine. Cook until reduced and pan is almost dry. Add the fish or chicken stock And bring to a boil. Reduce heat to medium, add the butter a piece at a time whisking constantly to emulsify. Turn the heat off add chives, capers and a few drops of lemon juice. Place the sole fillets browned side up, drizzle with sauce and serve.



Chicken Tagine with Olives and Preserved Lemon

2-4 cloves garlic minced

olive oil for pan-frying chicken and mixing marinade

6-8 chicken pieces cut into serving sized pieces

¼ teaspoon freshly ground pepper

¼ teaspoon ground ginger

1 pinch saffron

1 teaspoon cumin

1 teaspoon turmeric

1 cinnamon stick or 3-5 pinches ground cinnamon

1 teaspoon coriander

2 medium onions finely chopped

2 cups chicken broth
1 cup green olives
2 preserved lemons rinsed and cut into slices
salt and pepper to taste

Mix the garlic, black pepper, and a spoonful of oil together and rub the chicken with the mixture and set aside for a few hours or overnight.
Heat the oil in a large dutch oven (or tagine cooking pot, if you have one).
Fry the chicken until all sides begin to brown.
Add all the spices. Stir, add onions. Stir-fry over high heat for a few minutes.
Add chicken broth and bring to broil. Reduce heat. Cover, but leave a crack for steam to escape. Simmer over low heat for thirty minutes or more. Add olives and preserved lemons. Check for salt add if necessary.



Fettuccine with Preserved Lemon and Roasted Garlic

2 heads roasted garlic OR available at Culinary Market Sun-Dried Garlic in a jar, easy, awesome! or see recipe below)

1 Tbsp. olive oil
1 pound fettuccine
2 Tbsp. unsalted butter
1 preserved lemon, pulp and rind, finely chopped
1/2 cup parmesan cheese, plus more for serving
3 Tbsp. chopped flat-leaf parsley
Freshly ground black pepper, to taste

Bring a large pot of water to boil, salt, and cook the fettuccine until tender. Drain and place in serving bowl.

Meanwhile, combine the tablespoon of olive oil and butter in a small pan over medium-low heat. When the butter melts, add the roasted garlic and lemon and cook 1 minute, stirring. Toss with the fettuccine. Toss the fettuccine again with the Parmesan and parsley and season generously with pepper.

Roasted Garlic

1 head of garlic
2 teaspoons olive oil
Sea salt and freshly ground pepper
1/2 sprig thyme or rosemary, optional

Preheat oven to 350F. Peel the outermost layers of papery skin from head. With a very sharp knife, cut top 1/4-inch off heads of garlic to expose cloves. Place garlic in a 10" or more square of foil. Drizzle with oil and sprinkle with salt and pepper. Add herbs, if using. Seal foil around head leaving space all around.
Bake until papery skins are golden brown and cloves are tender, between 50 minutes and 1 hour. Remove from oven and allow to cool at least 10 minutes before using.