
Sable With Roasted Sweet & Sour Onions

6	Sable (black cod) fillets, skin on	6
1/2 cup	good quality sweet sherry	125 mL
1/4 cup +1 Tbsp	olive oil	50 +15 mL
1 cup	(2 sticks unsalted butter, at room temperature)	250 mL
1	garlic clove, crushed	1
1/4 cup	panko (Japanese breadcrumbs)	50 mL
2 Tbsp	Pimenton de La Vera (or paprika)	30 mL
1	Juice of 1 lemon	1
	Coarse salt, black pepper to taste	

- Make three 1/4" deep, 2" long cuts in the skin of each fillet.
- Arrange fillets in a single layer, skin side up, in a 15"X10" (25 X 38 cm) baking dish.
- Pour sherry and 1/4 cup of olive oil over the fish, and sprinkle with pepper.
- Cover and refrigerate at least 4 hours, turning occasionally.
- Preheat oven to 425F.
- Combine butter and garlic in a medium saucepan.
- Cook over medium heat until butter melts and garlic begins to brown (approx 3 mins).
- Add lemon juice, remove from heat and stir in pimenton.
- Season sauce with salt and pepper to taste.
- Cover to keep warm.
- Remove fish from marinade and drain.
- Sprinkle fish with coarse salt.
- Add remaining olive oil to an oven safe dish and place fillets skin side down.
- Roast fillets in oven until fish is just opaque in the centre, about 20 mins
- Spoon roasted onions onto 6 plates.
- Top with cod fillet and serve with sauce.

Preparation Time: 10 minutes

Cook Time: 25 minutes

Server: 6