



RECIPE COLLECTION BY RICHIE WILSON

Sole Meuniere

Whole Dover Sole on the Bone
Drizzled with Lemon and Parsley Butter

To Serve 4

QTY	UNIT	INGREDIENTS:
4	ea	Whole Black/Dover Sole
1	ea	Finely Diced Red Onion
20	g	Fine Capers
2	ea	Lemons Juiced
400	g	Unsalted Butter
20	g	Chopped Flat Leaf Parsley
		Seasoning

METHOD:

Begin with the sole itself, ask your fish monger to skin and trim your sole ready for roasting but keep the trimmings to make the sauce. Melt the butter in a pot over a low heat until the milk solids have fallen to the bottom. Using a brush paint the fish on both sides with plenty of butter but only from the top of the pot, season with a little salt and pepper before placing on a roasting tray and into a pre heated oven at 180 degrees. This should take no more than 12 minutes to cook through. Once cooked squeeze a little lemon juice over and allow to rest a little before serving.

To make the butter, sauté the fish trimmings in a wide based pan with a little of the butter until the butter begins to brown. Ad a squeeze of lemon and the remaining butter. Pass through a fine sieve into a serving dish and finish with a little chopped flat leaf parsley.

To Serve: Place the Sole in the centre of the plate and spoon plenty of the butter down the centre of the fish, garnish with a little lemon and pea shoots or a sprig of parsley. Served with a little wilted spinach alongside, BEAUTIFUL.

Enjoy.