

Filet of Sole Dieppoise

Ingredients

½ L mussels, cleaned
2 black sole, filetted
200g butter
½ L cream
1 bunch parsley
2 shallots
1 glass of white wine

Method

In a large pot, sweat the diced shallot in butter. Add the wine and bring to the boil. Drop in the mussels and cover. Let them open fully. Reserve the mussels and reduce the wine to one third. Pass through a sieve and add cream. Reduce again by simmering until sauce consistency. Add chopped parsley.

Pick the mussel meat out of the shells and add to the sauce. Reserve a few in the shells for presentation.

Pan fry the sole filets gently in butter – 3 minutes each side. Season with salt and pepper. Lay the fish on a plate and cover with the sauce and decorate with whole mussels.

Best served with rice and charred leek.