



Sole Dugléré



First Courses, MacMenu, Seafood

prep 20 minutes **cook** 20 minutes **makes** Serves 6 as an appetizer **difficulty** Medium **source** Ian and Steph Smith at www.Macmenu.ca

INGREDIENTS

Preparation:

½ teaspoon unsalted butter (or so) for greasing

9 oz. Roma tomatoes, halved lengthwise and seeded

Sole:

6 x 4 oz. skinless sole or flounder fillets

flaky sea salt to taste

cayenne pepper to taste

3 tablespoons unsalted butter

6 black peppercorns

3 bay leaves

1 thin yellow onion slice, separated into 6 strands

¼ cup dry white wine

Sauce:

3 tablespoons unsalted butter

3 tablespoons all-purpose flour

1 cup fish stock

¼ cup heavy cream

1 tablespoon finely chopped fresh flat-leaf parsley

2 teaspoons unsalted butter

salt and freshly ground black pepper, to taste

2 tablespoons freshly grated Parmesan cheese

DIRECTIONS

Preparation:

Preheat the oven to 350°F. Butter a shallow broiler-safe baking dish 10 to 12" in diameter. Line the bottom with parchment paper and lightly butter the parchment.

Using the large holes of a box grater, and with the cut side against the grater, grate the tomato halves and discard the skins. Set aside.

Sole:

Arrange the sole fillets on a work surface and pat dry. Sprinkle each fillet with salt and cayenne pepper (lightly), then top each fillet with 1 1/2 teaspoons of butter, a peppercorn, and 1/2 a bay leaf. Starting from a narrow end, roll up each fillet into a snug cylinder and place, seam side down, in the prepared baking dish. Top each fillet with 1 onion strand. Pour the white wine into the dish.

Poach the fish in the oven for 15 minutes (or till it is barely cooked through). Remove from the oven and spoon out all but about 1 tablespoon of the wine from the dish. Set the fish aside in the dish and keep warm. Position an oven rack 7 inches (17.5 cm) from the heating element and preheat the broiler.

Sauce:

In a small saucepan, melt 3 tablespoons of butter over medium-high heat. Add the flour and whisk for 30 seconds to blend thoroughly without coloring. Add the stock, cream, and grated tomato and bring to a boil, whisking constantly. (Steph also added about a tablespoon of ketchup to enhance the tomato flavour.) Turn down the heat to medium and cook, whisking constantly, until thickened, about 5 minutes. Add the parsley, then whisk in the remaining two teaspoons of butter, half teaspoon at a time, whisking after each addition until melted. Season with salt and black pepper and remove from the heat.

Spoon the sauce over the fish fillets and sprinkle evenly with the cheese. Broil until the sauce begins to brown, about 4 minutes. Serve immediately directly from the baking dish or transfer the fillets to individual plates with a generous serving of sauce.

NOTES

Serve with good French bread to mop up the sauce.