

View from the Fridge – Recipes from Brian Donkin

Recipe # 124 – Sole Cardinale

Preparation time: 10 mins – Cooking time: 15 mins

Ingredients:

8 fillets of sole rolled (see final picture below)
50 gms peeled prawns
1 wine glass of tomato concasse (see www.leithlinks.co.uk/view for recipe)
1 tblspn butter
1 tblspn whipped cream
Salt and pepper

Method

1. Heat tomato concasse in pot then transfer to ceramic bowl
2. Season the sole with salt and pepper and place on top of tomato concasse in bowl and bake in hot oven for 12 minutes
3. Place the fish onto plate and top with prawns
4. Pour tomato concasse back into pot and reduce by half (by heating)
5. Remove from heat and whisk in the butter and cream
6. Coat the fish with the sauce and place under a hot grill for one minute
7. Serve immediately

Serves 2

