

View from the Fridge – Recipes from Brian Donkin

Recipe # 52 – Sole Chamartin

Preparation time: 15 mins – Cooking time: 10 mins

Ingredients

9 sole fillets
1 glass white wine
1 glass red wine
½ glass single cream
10gms thyme
1 shallot, finely chopped
1 small red pepper, deseeded and finely chopped
4 white button mushrooms, finely diced
1 tomato, peeled, deseeded and chopped
50gms soft butter
1 wine glass whipped cream
30gms beurre manie (see sauces)
butter for greasing tray
salt and pepper

Method

1. Using half the butter, fry the shallots, mushrooms and pepper with the thyme for 2 minutes, add the tomato and fry for a further minute. Pour this over the sole fillets which have been placed in greased tray.
2. Bring to the boil over a medium heat and place in very hot oven (230C) for 6 minutes.
3. Remove the fish onto plates and pour all the juices from the tray into a saucepan.
4. Add the single cream and red wine then bring to the boil over a hot heat and reduce by half.
5. Whisk in buerre manie (see sauces recipes) until smooth then remove from heat.
6. Whisk in whipped cream and the rest of the butter.
7. Pour over fish and place under hot grill to glaze.

This is a rich dish so is probably best served with plain fennel and boiled potatoes

Serves 3 – see next page for picture ./

