

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 7 – Sole Aida

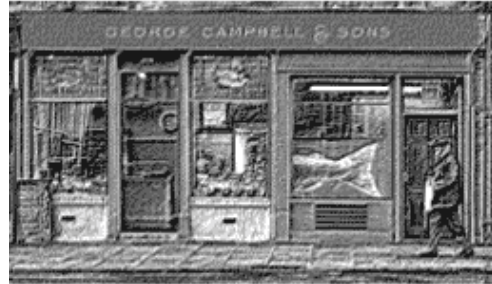
**Preparation time: 10 minutes - Cooking time: 8 minutes**

#### Ingredients

500g fresh spinach  
6 large lemon sole fillets  
2oz grated emmenthal *or*  
gruyere cheese  
½ pint whipping cream  
2 knobs of butter  
1 teaspoon of paprika  
1 wine glass of milk  
salt and pepper  
1 teaspoon of beurre manie  
(see sauce recipes for details)

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#### Method

Wash the spinach in cold salt water. Heat pot on stove, drain spinach and put into pot without water. Add a pinch of salt. Bring to the boil. Drain through sieve immediately. (As spinach is 95% water, no water is required). Butter oven-proof frying pan. Roll sole lengthwise and place in pan. Pour over the milk plus ½ the whipping cream. Add salt and pepper. Put lid on pan and bring to the boil over a fast heat. Put pan in pre-heated oven (230c, 440f, gas mark 9) for 8 minutes. Arrange some spinach in the middle of each plate. Remove cooked sole from pan with slotted spoon and place on top of the spinach. Add cheese to pan and then add beurre manié. Bring to boil, whisk until smooth. Remove from heat, whisk in a knob of butter and the rest of the whipping cream. Coat the sole with the sauce, sprinkle with paprika and glaze under a hot grill.

#### Serves Three

(see next page for photograph)



Lovely!