



Recipe: Sole in potato crust with black truffle and beurre rouge
with spinach, herb salad, mashed potato

Main course, serves 4

Ingredients:

- 2 sole à 1000 gr
- 200 ml clarified butter
- 1 kg large potatoes
- 40 gr fresh black truffle

- 0.75 l red wine
- 0.2 l port wine
- 0.1 l veal glacé
- 2 shallots
- 100 gr butter
- 20 gr fresh black truffle

- 1 l chicken stock
- 2 onions
- 1 leek
- 1 fennel
- 1 celeriac
- a little thyme
- fleur de sel, pepper





To prepare the sole:

Clean and gill the fish, remove the white and grey skin. Complete the filleting, carefully removing the nerve fibres on the surface with a fine knife.

Gently press the sole fillets flat between two sheets of moistened cling film (so the flesh does not stick to it).

Lay the filleted backs (the thicker ones) on a platter and season with a little fleur de sel. Cover with thin slices of truffle and then add another pinch of salt. Lay the other sole filets over the top. Trim off the ends, leaving 4 rectangles of equal size.

To prepare the potatoes:

Peel the potatoes and cut them into 10x3 cm diamonds, and then into 1mm thick diamond-shaped slices. Place in cold water, rinse out the starch and dry with a cloth.

Heat some of the clarified butter in a pan and sauté the potato slices for 2 seconds on each side to bind the starch. Then overlap some of them on a sheet of buttered greaseproof paper to form a rectangle 18 cm long. At each end place a piece of potato the other way up so the crust can be tightly closed around the sole fillets. Make 4 equal rectangles in this manner, coat them with a generous layer of melted, clarified butter and season with fleur de sel.

Wrap and cook:

Carefully place each sole fillet in the middle of a potato rectangle. Fold and join the corners over the fillets, making sure the envelope is not too thick anywhere.

Heat clarified butter in two non-stick pans and begin cooking the fillets, starting with the top – which is the seamless side. As soon as they are evenly golden brown, turn them over and fry each one on the other side for 1 minute.

Sauce:

Use the fishbones, vegetables and chicken stock to make a fish stock. Drain through a sieve and boil down to half the volume.

Chop the shallots finely, cover them with the red wine and the port and reduce to 1/10 the quantity. Blend this liquid with the reduced fish stock and the veal glacé. Season with finely chopped truffle, some pepper and a little thyme. Remove from the heat and add 100 gr cold, diced butter. Do not return to the boil.



Side dishes:

Sautéed spinach, herb salad made from chives, chervil, estragon, parsley, dill, watercress and truffle vinaigrette, and classical mashed potato.

Serving up:

Dry the sole fillets in their crusts on kitchen paper, cut through the middle and serve on warmed plates. Arrange the side dishes around them and complete with beurre rouge. For garnishing, sprinkle with a little fleur de sel and black Tellicherry pepper from a mill. You might like to add a piece of crunchy baked fishbone as extra garnish.

