

Lemon Sole with White Wine Sauce



Serves 4

Prep 5 mins

Cooking 25 mins

Easy

Ingredients

8 lemon sole fillets
Keep the bones

For the stock:

Fish bones
¼ fennel bulb
½ shallot, peeled & diced
1 celery stick, sliced
1 small leek, sliced
6 white peppercorns
Water to cover

For the sauce:

50ml white wine
100ml fish stock
50ml double cream
salt and pepper
25g butter
1 small bunch chives, chopped

To garnish:

1 small bunch salad leaves

1. Place the fish bones, fennel, shallot, celery, leek and peppercorns into a pan.
2. Cover with water then bring to the boil and simmer for 20 minutes. Sieve into a jug.
3. Put a piece of paper into the bottom of a bamboo steamer. Place the steamer over a saucepan containing water on a low boil.
4. Roll up the sole fillets and place onto the paper. Season then steam for 2 to 3 minutes.
5. To make the sauce pour the wine into a saucepan and add 200ml stock.
6. Bring to the boil, reduce by half then add the cream and reduce by half again. Whisk in the butter, chives, salt and pepper then season.
7. Place the fish onto a plate lined with kitchen paper, then serve onto plates.
8. Spoon over the sauce then garnish with the salad leaves.