



Steamed sole with a mustard crust and lemon sauce

Franck Giovannini



Cut shallow incisions into the fillets, in a criss-cross pattern. Season with salt, pepper, and the grated zest of the lime and lemon. Lay out the fillets in pairs, one on top of the other, head to tail. Baste with softened butter, then roll up in cling film to create a neat, cylindrical shape. Set aside.

To prepare the lemon velouté

Sweat the shallots and button mushrooms with a dash of olive oil. Add half the lovage. Deglaze with white wine and reduce by half. Pour in the vegetable stock and reduce by half. Add the cream and the rest of the lovage and simmer for about 10 minutes. Add a tablespoon of preserved lemon paste. Mix and strain through a sieve, adjust the seasoning with a dash of lemon juice, white wine and a pinch of salt.

Rezept für 4

Preparation

8 small skinless sole fillets
1 lime
1 lemon

Ingredients for the lemon velouté

90 g shallots, finely chopped
90 g button mushrooms, chopped
30 g lovage
400 g Chasselas wine
200 g vegetable stock
400 g cream
Dash of lemon juice
Preserved lemon paste

Ingredients for the mustard and lemon crust

125 g softened butter
50 g Panko breadcrumbs
20 g mustard (15 g Meaux, 5 g Dijon)
20 g egg whites
Zest of half a lime
Zest of half a lemon

Ingredients for the garnish

1 carrot
16 caper berries



To prepare the mustard and lemon crust

Mix the Panko breadcrumbs, mustard, egg white and citrus zest with the softened butter. Season with salt and pepper. Place the mixture between two sheets of baking paper, roll out to a thickness of 2-3 mm and freeze.

To prepare the garnish

Cut the carrot into batons, then use a sharpener to create little flowers. Slice the caper berries in half.

To prepare the sole fillets

Steam the sole at 80 °C for about 5 minutes until the core temperature is 38 °C. Remove from the cling film. Drain and cut off each end at a diagonal angle. Cut the mustard crust into pieces the same size as the fillets and place on top of the fish. Preheat the grill on the highest setting and gratinate on the top shelf. Keep an eye on the fish as it cooks very quickly.

To serve

Decorate each fillet along its length with 3 small blobs of carrot purée, 3 carrot flowers, capers, parsley chips and microgreens. Place the sole in the middle of a plate. Serve the hot, emulsified sauce on the side.

Ingredients for serving

Carrot purée
Parsley chips
Seasonal microgreens

Seasonings

Salt, pepper
Softened butter
Olive oil
Fleur de sel
Coarsely ground mixed
peppercorns