



# PAN-FRIED DOVER SOLE

## WITH CAPER, LEMON & PARSLEY BUTTER SAUCE



**SERVES**

2



**METHOD**

STOVETOP/OVEN



**MINUTES**

35



**DIFFICULTY**

2/10

### INGREDIENTS

2 ounces unsalted butter, plus extra for greasing  
2 1-pound whole dover sole, skinned on both sides  
2 tablespoons plain flour, seasoned with salt and pepper

#### Sauce:

1 small lemon  
2 tablespoons dry white wine  
1 tablespoon white wine vinegar  
2 shallots, very finely chopped  
1 tablespoon double cream  
3 ounces chilled unsalted butter  
1½ teaspoon capers, drained  
1 tablespoon parsley, chopped

Heat the oven to 350°F. Butter a non-stick baking tray. Season the fish lightly on each side with salt and pepper. Set aside.

For the butter sauce, cut off the ends of the lemon, then slice away the skin, removing all the bitter white pith. Cut out the flesh of the lemon segments and put in a bowl. Remove any seeds and cut half the segments into small pieces.

Put the dry white wine, white wine vinegar, shallots and 6 tbsp water in a saucepan. Bring to the boil, then reduce the heat and simmer vigorously until the liquid has reduced to about 2 tbsp. Add the cream and simmer for a little longer until the liquid has reduced back to 2 tbsp. Set aside.

Heat a non-stick frying pan over a medium heat. Add half the butter and melt without letting it brown. Dust one of the fish in the seasoned flour and knock off the excess. Increase the heat under the pan to high. When the butter is foaming, lay the floured fish in the pan, top-side down, and cook for 2 minutes or until nicely browned. Carefully turn the fish and cook for 2 minutes on the other side, then transfer to the buttered baking tray. Repeat the process with the second fish. Slide the baking tray into the oven and bake for 7-8 minutes.

Reheat the sauce. Whisk in the chilled butter, a few pieces at a time, until the sauce is smooth and thick. Season with salt and pepper, then stir in most of the capers, parsley and the lemon pieces. Remove from the heat.

Take the fish out of the oven and lift the fish onto warmed plates and spoon the butter sauce down the middle of each. Sprinkle over the remaining capers, parsley and lemon segments, then serve with boiled potatoes and steamed greens.



# CAULIFLOWER & LAMB SALAD

## WITH GREMOLATA



**SERVES**

4



**METHOD**

OVEN/GRILL



**MINUTES**

60



**DIFFICULTY**

3/10

### INGREDIENTS

- 2 pounds cauliflower florets
- 2 cup flat-leaf parsley, chopped
- 1 tablespoon capers, chopped
- 1 tablespoons lemon juice
- 1 lemon, rind finely grated
- 4 ounces black olives, chopped
- 2 tablespoons olive oil
- 1 garlic clove, crushed
- 1 cup tri-colour quinoa
- 1/4 cup pine nuts, toasted and chopped
- 1 lamb loin rubbed with spices (coriander, cumin, paprika, etc...)
- Salt and pepper, to taste**

Preheat oven to 350°F.

Rub lamb with salt, pepper and your spices of choice.

Place cauliflower into a roasting dish in a single layer. Drizzle with 1 tbs oil. Roast for 30-40 minutes until golden.

Meanwhile, cook quinoa as per packet instructions. Whisk remaining oil with garlic and lemon juice. Stir though cooked quinoa.

To make the gremolata, combine lemon rind, parsley, capers and pine nuts in a bowl. Set aside.

Preheat a barbecue or chargrill pan on medium-high heat. Cook lamb for 3-4 minutes each side for medium or until cooked to your liking. Remove from heat and set aside to rest for 5 minutes before slicing.

Arrange quinoa, cauliflower and lamb on a platter. Serve topped with gremolata and olives.