

A recipe from

DAD'S COOKBOOK



Rating:

Filets de Soles Catalane

Adapted From Recipe in the Escoffier Cookbook

White-fleshed fish and tomatoes make a nice pairing, both for flavor and for eye appeal. This dish has an ancient pedigree; I've made it a bit "modern" for you...

6 medium-large, firm-ripe tomatoes

6 Tbsp butter, divided

6 skinless filets of sole (2½ lb, approx.)

½ tsp cayenne pepper (or similar)

sea salt and black pepper

¾ cup fish stock

¾ cup dry white wine

2-3 medium onions, minced

Heat oven to 350° F. Place a large pot of water on high heat. When water boils, blanch the tomatoes for 2 minutes; quench immediately in ice. When tomatoes are cool enough to handle, remove skins, then core and remove seeds and central pulp. Place a tablespoon of butter in each tomato cavity and bake until tender, about 10 minutes.

Meanwhile, sprinkle the filets on both sides with seasonings and roll into tubes or flutes. Use toothpicks to keep fish rolled up. Place filets in a buttered baking dish with fish stock and wine. Bake in oven for 8-10 minutes, then remove fish to a warming plate and reserve the liquid.

Cook onions in 3-4 Tbsp of butter until tender but not browned. Place reserved fish liquid into a medium saucepan over medium-high heat and reduce volume by about ¾. Add 6-8 Tbsp butter to the concentrate, whisk to melt, and remove from heat.

Stand tomatoes, evenly spaced out, in a 9 x 13 inch baking dish. Divide onion between the tomatoes, partially filling each cavity. Place rolled filets into tomatoes (they'll stick out quite a ways). Spoon sauce over the fish and tomatoes. Brown for a couple of minutes under a direct broiler and serve.

Yield: Six servings

Preparation time: 20 minutes

Cooking time: 20 minutes

