

T. Cook's

Petrale Sole

Chef Lee Hillson

[Serves 4]

The petrale sole is a delicate fish that some prefer over the well-known Dover sole. In this dish, the glazed, sweet radish is paired with the tart, preserved lemon. The Swiss chard adds a cleansing element to the dish. Serve with Jean Marc Brocard, Chablis, "Les Clos," Gran Cru.

*Prepare preserved lemons 2 weeks prior.

Ingredients

4 five ounce filets of fresh petrale sole (flounder or turbot are good substitutes)
4 Cups Swiss chard, washed and dried
2 cups potatoes, diced and cooked
12 radishes
¼ Cup sugar
1 Tablespoon butter
2 Tablespoons extra virgin olive oil
4 each blanched chives
12 strips of preserved lemons (recipe included)

For Champagne Beurre Blanc:

1 teaspoon chopped shallots
½ Cup Champagne
4 ounces butter, cubed
¼ Cup heavy cream
¼ Cup Microgreens (available at specialty markets)

For preserved lemons:

10 lemons
2 Cups sugar
1 Cup salt
3 Cups lemon juice

Method

To preserve lemons, quarter 10 lemons but leave the very end intact. Mix two cups sugar and one cup salt. Place the lemons carefully inside a glass container and cover with the salt mixture. Add enough lemon juice to cover the lemons and cover tightly with a lid. The lemons should be shaken once a day and they will be done in approximately two weeks. They will keep at room temperature for up to two months.

To prepare the sole, preheat the oven to 425°F. Take the sole filet and roll it skin side facing up. Gently tie the sole with a chive to hold into place. Season with salt and pepper and sear on both sides in olive oil. Finish cooking in the oven for about 4 – 5 minutes.

For the beurre blanc, sauté the shallots in oil. Add champagne to the hot pan to deglaze. Be careful as the pan may emit a flame. Reduce the champagne by half and then add the cream. Bring to a boil and then remove from the heat. Slowly whisk in the butter and season with salt and pepper. Set aside but keep warm.

For the radishes, cut the radishes in half and just barely cover them with water. Add 1 tablespoon of butter to the pan along with $\frac{1}{4}$ cup of sugar. Bring to a boil and then cook until the radish is tender. Reserve the liquid in a pan.

Sauté the potatoes in a medium skillet with the butter for about 1 minute. Add the Swiss chard and sauté for thirty seconds more. Season with salt and pepper and place in the center of the plate. Heat the reserved radish liquid and lightly warm the radishes. Cook until the liquid evaporates and there is a glaze on the radish. Place 3 radishes around the Swiss chard. Lay a few strips of the preserved lemon around the chard as well. Drizzle the champagne beurre blanc around the plate. Place the fish on top of the chard. Season the microgreens with one teaspoon olive oil, salt and pepper and place on the fish and serve.

