

Sole with Herbed Wine Sauce

Source: Food & Wine April 2015

Ingredients

- 2 medium tomatoes, cored and scored on bottom with X
- 3 tbsps unsalted butter
- 2 large shallots, thinly sliced
- ½ cup dry white wine
- ⅓ cup fish stock or clam juice
- ¾ cup heavy cream
- ⅓ cup chopped herbs, like parsley, basil, chives and chervil
- 2 tbsps dry vermouth
- freshly grated nutmeg
- salt and pepper
- 1¼ lbs. sole fillets

Method

1. In a saucepan of boiling water, blanch the tomatoes until skins just wrinkle, 30 seconds. Drain and cool under running water, then peel and cut into ¼" dice.
2. Wipe out the saucepan and melt the butter in it. Add the shallots and cook over moderate heat, stirring, until softened, about 2 minutes. Add the wine and simmer over moderately high heat until reduced by half, about 3 minutes.
3. Add the fish stock and simmer until the liquid is reduced to ½ cup, about 3 minutes. Stir in the diced tomatoes, herbs, vermouth and nutmeg. Season the sauce with salt and pepper.
4. Preheat the broiler and position the rack 8 inches from the heat. Season the sole lightly with salt and pepper and transfer to a 2-quart flameproof baking dish. Spoon the sauce on top and broil for 8 to 10 minutes, until the sauce is bubbling and the fish is just cooked through. Let stand for 5 minutes before serving with crusty bread.

Notes

Very delicate and delicious recipe.

We put it in an oval ramekin over a tad of pasta rather than with bread.