



SOLE WITH PADRÓN CREAM

DIFFICULTY: AVERAGE · TIME: 45 MINS · SERVES FOUR

4 SOLE EACH WEIGHING
BETWEEN 400 AND 500 G.

500 G. OF PADRÓN PEPPERS

2 ONIONS

2 CLOVES OF GARLIC

1 TIN OF BLACK STONELESS
OLIVES

4 POTATOES

EXTRA VIRGIN OLIVE OIL

BLACK PEPPER

FLEUR DE SEL

16 SLICES OF TOASTED
BAGUETTE

THE OLIVE DUST: place the olives on baking paper and dehydrate at 100° C for an hour. When dry, crush to obtain the olive dust. You can save time by preparing this beforehand.

THE CREAM: make a stock by boiling the sole bones for 20 minutes. Place 4 tablespoons of olive oil in a pan and gently fry the finely chopped onion and garlic. Remove the stalks and seeds from the peppers before chopping and adding to the pan. Add a pinch of salt and cook until soft. Then add 100 ml of strained sole stock and cook for a further 10 minutes. Then blend and strain. Put to one side.

THE POTATOES: place the potatoes cut into medium-sized pieces in boiling water and cook for 18 minutes until soft. Then drain and mash with salt, olive oil and black pepper.

THE FISH: roll up the fish fillets and place four on a skewer to keep them in place. Place on a tray, add olive oil and salt and bake in the oven for 12 minutes.

THE BREAD SLICES: cut the bread into fine slices and toast on baking paper in the oven for 8 minutes at 180° C.

PLATING AND PRESENTATION: fill a square mould with the potato and trace a tear with the pepper cream. Place two sole fillet rolls on top of the cream and draw a line between the potato and the fish with the olive dust. Place slices of toasted bread on top of the rolls and drizzle the potato with oil. Sprinkle fleur de sel on top of the fish.