

Prodemar



SOLE WITH PIQUILLO PEPPER CREAM

DIFFICULTY: EASY · TIME: 30 MINS · SERVES FOUR

4 SOLE EACH WEIGHING
BETWEEN 400 AND 500 G.

1 JAR OF WHOLE PIQUILLO
PEPPERS

FRESH BASIL

300 G. ROUND RICE

2 BAGS OF SQUID INK

650 ML FISH STOCK

1 SPRING ONION

1 CLOVE OF GARLIC

EXTRA VIRGIN OLIVE OIL

SALT

THE BASIL: heat the oil and fry the leaves until crisp, making sure they don't lose their colour. Drain on kitchen towel and put to one side.

THE RICE: chop the spring onion and garlic finely. Fry gently with 3 tablespoons of the basil oil and add a pinch of salt. When soft, add the rice and allow to cook for 4 minutes. Add the squid ink and mix well to colour. Add twice the amount of stock as rice and allow to simmer on an average heat for 15 minutes.

THE PIQUILLO CREAM: drain the peppers before julienne cutting and blending with 100 ml of olive oil to make a cream. Strain and put to one side.

THE FISH: remove the head and cut in half lengthways. Dry with kitchen towel and score on a hot grill. Place in a baking dish and pour over the piquillo pepper cream. Bake in the oven for 5 minutes at 190° C.

PLATING AND PRESENTATION: use a brush to paint a line of piquillo pepper cream across the plate. Place a metal mould on the plate and fill with rice and pour piquillo cream round it. Rest a sole fillet on the rice, drizzle with the cream from the tray and decorate the plate with basil leaves and drops of piquillo pepper cream.