

FILETS OF SOLE NORMANDE

For 6 persons

2 ½ Lbs. filets of sole or flounder

salt and pepper

2 Tbs shallots or green onions, minced

1 ½ Tb butter

1 ¼ to 1 ½ cups fish stock or ¾ cup dry white wine or 2/3 cup dry white vermouth plus

¼ cup bottled clam juice or white wine and water mixed.

For the sauce:

3 Tb butter —4 Tb flour- the fish poaching liquid, milk if necessary or white wine +1 cup

Heavy cream,

¾ lb fresh mushrooms, cleaned, sliced and sauteed in 2 Tb hot butter

½ shrimps cooked in white wine or vermouth

Lemon cut in wedges or slices

A buttered baking dish big enough to hold the filets

Wax paper to cover the dish –do not use aluminium foil- it will discolor the wine

Saucepan

Frying pan for the mushrooms

Serving platter

Cutting board

Bowl for the cooking liquids, wooden spoon, whisk, spatulas, knife

Preheat oven to 350 degrees

Clean mushrooms, slice and saute in frying pan in hot butter. Set aside

Cook shrimps in wine or vermouth for 5 minutes. Let them cool in the liquid, then peel them. Set aside

Sprinkle half the shallots in the bottom of dish.

Season with salt and pepper skin side of each filet. Fold in two. Place in baking dish.

Sprinkle the rest of shallots over the filets. Dot with butter.

Pour cold cooking liquid over filets. Add water if necessary. Fish should be barely covered.

Bring to the almost simmer on top of stove

Cover with paper and place dish in lower third of oven.

Maintain liquid at the simmer for 8 to 12 minutes, depending on the thickness of filets. The fish is done when fork pierces the flesh easily. Do not overcook.

Drain all cooking liquid in baking dish and keep filets warm. Add cooking liquid of shrimps and the liquid of mushrooms if there is any

Prepare sauce : Melt butter in saucepan , add flour and cook slowly together until they foam. Off heat, beat in cooking liquids. Let boil and add more liquid if sauce is too thick. It should coat a spoon. Taste and add seasoning if necessary. Add cream. Heat without reaching the boiling point Add shrimps and mushrooms. Taste again.

Place gently filets and serving platter. Pour sauce over and garnish with lemon slices.

Instead of shrimps, scallops, shelled mussels, shelled oysters, morsels of lobster meat can be added to the sauce.