

INGREDIENTS

For Whole Grilled Sole:

2 x 500 grams whole dover sole

120 ml extra virgin olive oil

sea salt flakes

3 tbsp kewpie mayonnaise

100 ml white wine - like French Chablis style

60 ml chardonnay vinegar

130 grams large leaf sorrel, sliced

a splash of fish stock or vegetable stock

For Burnt Tomatoes:

300 grams cherry tomatoes, halved

75 grams capers

125 grams shallot, finely sliced into a ring

2 tsp caster sugar

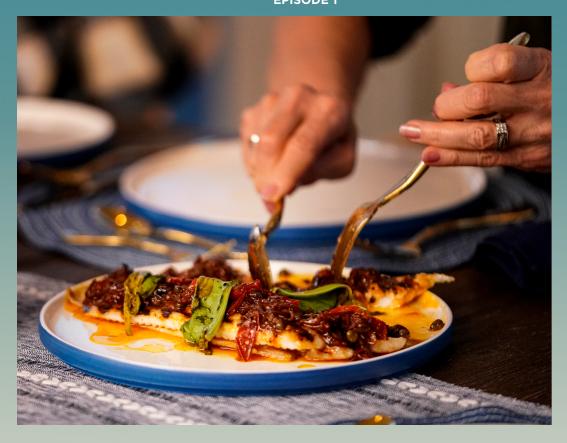
100 ml chardonnay vinegar

50 ml soy sauce

200 ml extra virgin olive oil

1 tbsp chili red flakes

Perforated pan



WHOLE GRILLED SOLE WITH BURNT TOMATO AND SORREL

DIRECTIONS:

For Whole Grilled Sole:

- 1. Clean the sole, gut it, and take off the skin.
- Brush the sole with a little olive oil over the meat and season well with sea salt.
- Brush the grill with mayonnaise, grill the soles directly on the grill rack for 4 minutes on one side, then turn over and cook for a further 4 minutes, until the internal temperature on the bone reaches 140° f on a probe thermometer.
- 4. Put the remaining olive oil, the fish stock, and vinegar on a flat baking tray and warm the tray on the side of the hot grill.
- 5. Transfer the sole to the warm tray and leave to rest off the heat for 5 minutes.
- 6. Clean and filet the sole.
- 7. Return the baking tray to the hot grill and using a whisk, mix the fish juices into the fish fumet, vinegar and olive oil.

For Burnt Tomatoes:

- Burn the tomato, cut side down, in batches if necessary, in a heavy, perforated pan for searing over the hot grill for around 6 minutes until black color or until softened.
- 2. Once the tomatoes are burnt, transfer to a saucepan, and add the remaining ingredients and leaves for 30 minutes before serving, keep warm.