

# Selena + LUDO LEFEBVRE

EPISODE 1

## 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.
2. Brush the sole with a little olive oil over the meat and season well with sea salt.
3. 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:

1. 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.