



En papillote baked farmed sole with clams

served with Isle of Wight heritage tomatoes, and a warm rapeseed, white wine and lemon dressing.

Sole is one of the most versatile fish for cooking. These farmed fish offer greater stability of price and more consistent availability than their wild counterparts. These fish taste delicious - whether fried, baked, sautéed or poached.

The name sole is widely used for a variety of flat fish, and there are a number of species that are referred to as sole. However, only species of the genus solea are considered to be “true sole”.

Preparation time & cooking time: **30 minutes**

Ingredients

- 1 Farmed sole 400-500g (perfect to share). Product code: **01SOLDF45E00 SOLE: FARMED - WHOLE 400-500GM**
- MSC clams 80g . Product code: **03CLAP00K0A MSC-CLAM: PALOURDE (KG)**
- Isle of Wight tomatoes skinned - 40g
- White wine – 20ml
- Rapeseed oil – 20ml
- Lemon - 1
- Garlic chives for garnish

Instructions

1. Prepare sole and place on parchment paper. Drizzle with rapeseed oil and white wine, then fold the paper like a “pasty”. Bake for 9-12 minutes.
2. Bring white wine to the boil and add the clams. Once opened, drain (keep cooking liquor).
3. Emulsify the rapeseed oil, lemon juice, and the clam cooking liquor, and season.
4. Partially unwrap sole parcel, place cooked sole on a plate, and dress sole with warmed, skinned, Isle of Wight heritage tomatoes and cooked clams. Drizzle with dressing.
5. Garnish with garlic chives.



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