

Sole with Beurre Blanc and Golden Beets

Swick

Serves 1 | Active Time: 40 minutes | Total Time: 2 hours

Chef's Notes

Related Text Recipes:

Fennel-White Bean Mash

Braised Kale

Step 1: Cooking the Beets

- 1/2 lb (approx.) golden beets
- salt (1 tsp per L/qt of water)
- 1 tbsp white vinegar

If serving this dish with the Fennel-White Bean Mash and Braised Kale (from step 4 and 5) then prepare those first.

To cook the beets, season a large pot of water with the salt and vinegar and bring to a boil. Add the beets and turn down to a simmer. Cook until just cooked through. Let cool slightly until the beets cool enough to handle.

Peel and slice the beets into rounds. Then cover and set aside while you cook the fish.

Step 2: Cooking the Fish

- 1 tsp grapeseed or vegetable oil
- 1 tsp unsalted butter
- kosher salt (to taste)
- white pepper (to taste)
- 1/2 fresh lemon
- 2 sole fillets (or other white fish)

To cook the fish, heat a non-stick fry pan over medium heat and add the oil and butter.

Pat the fish dry and season with a bit of salt. Cook the fish about 1 to 2 minutes per side or until just done. Squeeze a bit of lemon over the fish and into the pan.

Transfer the fish to a plate and cover while you prepare the sauce.

Step 3: Making the Beurre Blanc

- 1 shallot
- 4 to 5 tbsp cold, unsalted butter

To make the sauce, use the same pan. Turn the heat down to medium-low. Finely mince the shallots and add them to the pan, along with a bit more of the lemon juice. Let reduce to a syrupy consistency, then slowly start to whisk in the butter.

Once done, remove the pan from the heat while you assemble the plate.

Step 4: Fennel and White Bean Mash (optional)

- 1 recipe Fennel and White Bean Mash

This is optional, but the fennel and the white beans go particularly well with this fish. Not only do the flavors pair well, so do the textures.

This can be made ahead and reheated or kept warm while you cook the fish.

Step 5: Braised Kale (optional)

- 1 recipe Braised Kale

This is also optional; however, it also goes well with this dish.

This can also be made ahead and reheated or kept warm while you cook the fish.

Step 6: Plating the Dish

To plate the dish, spoon a bit of the fennel-white bean mash onto the middle of the plate. Then top with a bit of the kale.

Place 3 or 4 sliced beets around the edge of the white beans and then top with two pieces of sole, placing one over the other.

To finish, pour the sauce over the fish and serve immediately.