



POACHED FILLETS OF LEMON SOLE WITH LANGOUSTINES TAILS AND CITRUS FENNEL, VEGETABLE & HERB NAGE

VEGETABLE NAGE

Make one day in advance

500ml dry white wine
4 carrots
1 large onion
4 sticks celery
1 leek
1 bulb garlic
12 star anise
1 tbsp coriander seeds
2 sprigs tarragon
10 white peppercorns

- 1 / Peel and cut all the vegetables into 1 cm dice and place in a saucepan with enough water to just cover. Add the garlic and a pinch of salt.
- 2 / Bring to the boil on the stove and reduce to a simmer for 4 minutes.
- 3 / Add the spices and white wine. Return to the boil and simmer for 1 minute more.
- 4 / Add the tarragon to the stock and remove the pan from the heat, adjust the salt level.
- 5 / Store in a suitable container in the fridge overnight before using, this will infuse and develop the flavours.

CITRUS FENNEL

1 bulb fennel, peeled and sliced
2 cloves garlic, peeled and halved
Juice of ½ lemon
75g unsalted butter
200ml vegetable nage

- 1 / Place the fennel, garlic and butter in a wide based saucepan and strain the vegetable nage through a sieve, pressing down to extract all the juice, discard the vegetables.
- 2 / Cover fennel with 200ml of the vegetable nage and reserve the rest for poaching the fish.
- 3 / Add a pinch of salt, cook over a medium heat until the liquid has almost evaporated and the fennel is cooked. Remove from the heat and add the lemon juice, place aside.



LANGOUSTINE TAILS

12 langoustines

- 1 / Separate the tails from the langoustines and remove the intestinal tract by twisting the base of the tail and pulling.
- 2 / Cook langoustine tails in boiling salted water for 40 seconds, remove from the water.
- 3 / Remove the hard shell from the langoustine tails and set the meat aside for finishing the dish.

TO SERVE

1 tablespoon soy sauce
6 lemon sole fillets, skinned
1/4 cucumber, peeled and diced
Lemon
1 sprig of tarragon
1 clove of garlic

- 1 / Cut the sole fillets in half lengthways and arrange them in a wide based saucepan to fit snugly in one layer.
- 2 / Put the langoustines, garlic, tarragon and diced cucumber on top of the fish.
- 3 / Cover with the remaining vegetable nage and cook the fish gently, not allowing it to boil, until the sole fillets are a clean white colour.
- 4 / Re-heat the fennel and place a spoonful in the centre of a soup plate.
- 5 / Place two pieces of sole and a couple of langoustines on top of the fennel.
- 6 / Add the soy sauce, cucumber and lemon juice to the vegetable nage and pour it over the fish.