

## Roasted fillet of sole with cauliflower, pomegranate and beurre blanc

*" In my restaurant in Amstelveen we only serve sustainable fish, because the future is important to us: we want to maintain current fish stock levels and keep the oceans healthy! "*

— Stefan Van Sprang

- Serving: 4 persons
- Preparation: 40 minutes preparation, 80 minutes in total
- Difficulty: high
- Sustainability: Sole stocks are sustainable in large parts of the North-East Atlantic and the North Sea. Some of the sole fisheries carry the Marine Stewardship Council certification.



### Ingredients for the sole

- 4 fillets of sole

### Ingredients for the beurre blanc

- 1 litre of fish stock
- 1 fennel
- 1 onion
- 1 bulb of garlic
- 100ml Noilly Prat vermouth
- ½ celeriac
- 2 litres of cream

### Ingredients for the herbal pesto

- 1 bunch of lovage
- 1 bunch of parsley
- 1 bunch of coriander
- pinch of salt and pepper
- olive oil

### Ingredients for the white cabbage salad

- 1 white cabbage
- sushi vinegar

### Ingredients for the cauliflower

- 1 purple cauliflower
- 50 g parmesan
- juice of 1 lime
- 1 shallot
- handful of chives

### Ingredients for the garnish

- pomegranate seeds
- seasonal flowers (optional)

- Clean the sole to have 4 fillets.
- Boil 1 litre of fish stock with a sliced fennel, onion, a bulb of garlic, noily prat and half a sliced celeriac.
- Reduce this until about half a litre remains. Strain the mixture and add 2 litres of cream. Reduce this until about 1 litre remains.
- For the pesto, pick the leaves and blend in the food processor with a little pepper, salt and olive oil. Let it sit for an hour and then strain out some of the oil for a vinaigrette.
- Cut the white cabbage paper thin so that a kind of spaghetti is formed. Mix with the herb pesto and sushi seasoning.
- Clean 1 pomegranate so that only the seeds remain.
- Grate the cauliflower to form a kind of couscous. Mix with finely chopped shallot and chives, grated parmesan, salt, pepper and lime juice.
- Fry the sole fillet on 1 side for 2 minutes in a hot pan.
- Place the white cabbage on the bottom of the plate, in the shape of the sole fillet.
- Place the fillet on top and cover with the cauliflower couscous.
- Garnish with salty vegetables and pomegranate seeds.
- Mix the beurre blanc with the oil from the herb pesto to create a vinaigrette and serve with the fish.
- Decorate with seasonal flowers (optional)