

Lemon Sole Stuffed with a Prawn Mousseline in Dill Butter Sauce

This sounds much more complicated than it actually is. The hardest part is filleting the sole so if you don't feel brave enough, get the fishmonger to do it for you.

Serves 4

4 lemon sole, filleted and skinned.

To serve, new potatoes and a green salad, fresh peas or runner beans.

For the mousseline

140g/5oz uncooked shelled prawns, chopped
55ml/2fl oz dry vermouth
2 tbsp fromage frais
salt and freshly ground black pepper
1 egg, white only, whisked

For the sauce

400ml/14fl oz fish or vegetable stock
30g/1oz butter
2 tbsp lemon Juice
6 fresh dill sprigs, chopped

Preheat the oven to 190° C

First make the mousseline: beat together the prawns, vermouth, fromage frais and salt and pepper. Fold in the stiffly beaten egg white. Cover, and chill in the fridge for about an hour. Place the sole fillets on a chopping board skinned side up, spoon some of the mousseline on to each fillet and roll up.

Put the rolled fish into a roasting tin, pour over the stock and poach in the oven for 5-10 minutes. Remove the fish and keep warm. Place the tin on the hob over a high heat and boil to reduce. Add the butter, lemon juice and the chopped dill. Pour over the fish and serve immediately with either new potatoes and a green salad or fresh peas or runner beans.