

Filet of Sole with White Wine and Almond Butter

Adapted from the cookbook: From Julia Child's Kitchen



A veddy-veddy French fish dish when you can't count calories

Recommended by Carolyn: have everything ready (chopped, cut, measured, poured) before you start the fish. Also have the remainder of your meal all ready to go as you'll have no time to do anything else. Here in the U.S. we don't get the "real" Dover sole (which is extremely thin and narrow). So I adapted the recipe (not doing the folding suggested in Child's recipe) as a flat fish fillet. So the baking time may be longer - test the fish by pressing lightly. It still should squish a little bit.

Servings: 4

From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>

ALMOND FLAVORING:

1/2 cup sliced almonds (reserve a few for garnish)

2 tablespoons shallots, peeled, minced

4 tablespoons unsalted butter

1/2 cup ground almonds (I used almond meal)

salt and white pepper to taste

1 teaspoon fresh lemon juice (an approximation)

FISH & SAUCE:

1 3/4 pounds sole fillets

1 tablespoon shallots, minced

1/2 cup white wine, dry rather than sweet, if possible

1/2 cup fish stock (or clam juice)

2 tablespoons all-purpose flour

1 1/2 tablespoons butter, softened

1/2 cup heavy cream, or more if needed

4 sprigs Italian parsley

Per Serving (excluding unknown items): 699 Calories; 48g Fat (62.5% calories from fat); 49g Protein; 16g Carbohydrate; 5g Dietary Fiber; 181mg Cholesterol; 287mg Sodium. Exchanges: 1/2 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 8 1/2 Fat; 0 Other Carbohydrates.

1. ALMOND SAUCE: Preheat oven to 350. Spread almonds on a cookie sheet and bake the almonds for about 8-10 minutes until they're toasty brown. Watch carefully so they don't burn. Cool and set aside.
2. Using 2 tablespoons of the butter, melt it in a medium saucepan and saute the shallots for just a couple of minutes. (Note: remove 2 T. of raw shallots to use on top of the fish). Remove the shallots from the heat and add the almond meal (ground almonds - you can whiz whole or sliced almonds in a blender or food processor) and the remaining butter. Season to taste with salt, white pepper and lemon juice. Pour this mixture into a small bowl and set aside. You may use this pan later.
3. FISH: Season the milky side (whiter side) of the fish fillets with salt and pepper. Spread about a teaspoon of the almond flavoring/sauce mixture on top of each fillet (the remaining almond sauce goes into the finishing sauce). If you have extra-thin (real) sole fillets, fold the fillets end to end (to make a thicker piece of fish).
4. Arrange the fish fillets in an ovenproof casserole, slightly overlapping the thinner edges. Sprinkle with the reserved raw shallots, and dust lightly with salt and pepper.
5. In a small saucepan bring the wine and fish stock to a boil. Pour the liquid around the fish fillets and cover the dish with a heavily buttered piece of waxed paper.
6. Bake the fish for 8-10 minutes until the fish is just squishy to the touch (i.e., not overcooked). Remove fish from oven and using a spatula to hold the fish in place, pour the juices into the medium saucepan (used in step 2 above). Place the fish in a warm place still covered with the waxed paper (do not put back in the hot oven.) Bring the liquid to a boil and reduce liquid to about 1/2 cup (about half of the total liquid you start with).
7. In a small bowl mix the soft butter and flour together (this makes a beurre manie). Stirring constantly with a whisk, add this butter mixture in small pieces to the boiling liquid. It will thicken rapidly. Reduce heat as necessary. When it's thoroughly blended in, add the cream - the sauce should be thin enough to coat a spoon. If it's thicker than that, add more cream and/or fish stock to thin it out. Season with salt and pepper if needed (taste it!) and more drops of lemon juice. Add the almond slices. If there is any additional liquid in the fish baking dish add it to the sauce. Fold in the almond flavoring sauce and heat until it's hot. Place fish fillets on a pre-heated plate and pour over the fish and garnish with parsley and the reserved sliced, toasted almonds. Serve immediately. Fish cools quickly so do serve it immediately.