

Sole with shrimp mousse, roasted shrimp, leek fondue, garlic mayo, chilli and turmeric

Recipe for 4 portions

Description

A nice fish recipe, full of finesse.

Slightly spicy, accompanied by a garlic mayonnaise.

Ingredients

Sole + stuffing

- 4 Unit(s) Sole fillet
- 80 Gr Peeled medium shrimps
- 20 Gr Egg white
- 20 Gr 35% cooking cream

- Salt and pepper

Shrimp

- 4 Unit(s) Peeled medium shrimps
- 20 Gr Butter
- 1 Sprig(s) Thyme

- Salt and pepper

Leeks

- 200 Gr Leek
- 20 Gr Butter

- Salt and pepper

Mayonaise

- 1 Unit(s) Egg yolk
- 1 Tbsp Dijon mustard
- 2 Clove(s) Chopped garlic
- 1 Pinch(es) Cayenne pepper
- 1 Pinch(es) Curcuma
- 150 Ml Vegetable oil

- Salt and pepper

Preparation

- Preparation time **40 mins**
- Preheat your **Four** at **400 F°**

Leeks

Blanch the leek in a saucepan of boiling and salted water, about 2 minutes.

Drain and immerse in a bowl of ice water (to stop cooking). Drain it fully. Just before serving, sauté in a pan with butter, salt and pepper, careful not to give coloring.

Shrimp

In a frying pan with butter, fry shrimp, add salt and pepper. Keep on the side.

Just before serving you can pass them in the oven 3 minutes.

Paupiette of sole

In a food processor, put the shrimps, add salt and pepper, mix. Add the egg whites, mix, add the cream and mix again.

Take care that your mix stays firm enough. Add the cream little by little if necessary.

Place a tablespoon of shrimp stuffing on the center of each of the butterflied fillets. Fold the sole around the stuffing. Using a toothpick, close the open ends of the sole.

Place the fish on a baking sheet, baking for 10 minutes at 400 ° F

Prep

Remove the shrimp shell, making sure to keep the tail intact.

Clean and devein the shrimp, cut the sole lengthwise (butterfly), season with salt and pepper.

Slice the leeks finely.

Peel and chop the garlic finely.

Mayonnaise

In a mixing bowl, combine the egg yolk, mustard, cayenne, salt and pepper, and turmeric. With the help of a whisk, slowly add the oil to emulsify.

Continue in this manner until you reach a nice thick consistency.

Set aside in the fridge.

Plating and finishing touches

In the plate, place a layer of leeks in the bottom, then place on top (center) the sole stuffed with shrimp.

Place the sauteed shrimp on top. Finalize with mayonnaise points here and there.

You can bring an artistic touch to your decoration with young sprouts and thin slices of radish.

Bon appétit!