

Fillet of Sole with Mushroom Sauce

In this recipe, strips of fillet of sole are rolled to form what French cooks call paupiettes. Rolled beginning at the thickest end, the paupiettes will not unfurl as they cook. Using whipped butter makes the preparation easier, because when the butter boils it holds together without breaking down as regular butter might.

The traditional version is made with wine, cream, and mushrooms, but Sole Normande can include cider, tomatoes, herbs, or even cooked apple, all Normandy products.

Any of the different types of flatfish available, from gray to lemon to Dover sole and from fluke to flounder, are fine for this recipe; the important consideration is freshness.

4 Servings

- 4 large sole fillets (about 5 ounces each)
- 2 cups sliced white mushrooms
- 1/3 cup sliced scallions
- 1/3 cup sliced shallots
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup dry white wine
- 1/2 cup whipped unsalted butter
- 1 tablespoon chopped
- fresh chives, for garnish

Cut each fillet in half lengthwise, removing and discarding the small strip of sinew from the center of the fillets. With the white side that touched the bones on the outside of the paupiettes, roll up the fillets, starting at the thick end.

Gently place the paupiettes and the remaining ingredients, except the butter and chives, in a medium saucepan and bring to a boil over high heat. Cover, reduce the heat, and boil gently for about 3 minutes.

Holding the lid so the paupiettes remain in the pan, pour the cooking liquid into a small saucepan and place it over high heat. Boil for a few minutes, or until the liquid is reduced to about 1/3 cup. Add the whipped butter and mix in well with a whisk. Bring to a boil and boil for a few seconds.

Divide the paupiettes and mushrooms among four warm plates, pour the sauce on top, and sprinkle on the chives. Serve immediately.