

Roast Lemon Sole on the Bone

This recipe is all about the fish! Cooking sole on the bone allows the natural gelatine in the bones to keep the fish nice and succulent as it cooks.

Sometimes we substitute lemon sole with megrim sole or whole plaice but I have to say it's never quite as good! This is a really simple recipe as there isn't much to prepare, its all about sourcing some prime fresh fish from Scotland and letting this shine through. The samphire, capers and lemon complement the delicate flesh.

Prep time: 10 minutes
Cooking time: 10 minutes

Ingredients

Per person:

1 lemon sole, skinned and trimmed - ask your fishmonger to do this for you, or if doing yourself - remove the head, skin and guts and trim the outside frills with some scissors
Plain flour for dusting
Olive oil
Salt and white pepper
Knob of salted butter
1 clove of garlic, chopped
Juice of half a lemon
2 teaspoons capers
Small handful samphire
Fine herbs or sakura cress to garnish

Method

In a large sauté fry pan heat up a couple of tablespoons of olive oil.

Season the sole with salt and a little fresh ground white pepper. Dust in flour and shake of the excess.

Carefully place the fish into the medium-hot pan and cook for a minute top-side down. Once you get this side a light golden colour turn over and place the whole pan into a medium-hot oven or under a medium-hot grill. Cook for approximately 3-4 minutes and then turn back over so the presentation side is upwards.

Add the butter, garlic and lemon juice to the pan and spoon over the fish to baste.

Add in the capers and samphire (if you can get it), and spoon over the fish to get as much flavor into it as possible.

Carefully remove the fish from the pan with a large fish slice and place onto a plate. Top with the capers and samphire and sprinkle a few fine herbs or sakura cress on top of that. Serve immediately with some simple new potatoes.

