

INGREDIENTS:

- 6 oz Petrale sole or local sole fillet (floured and seasoned)
- 1/2 oz garlic butter, see recipe
- 1/4 oz shallots
- 1 oz Niçoise olives
- 1/4 oz capers
- pinch lemon zest
- 1/4 oz chicken stock
- 1/4 fl oz Pernod
- 2 oz roasted tomatoes
- 2 leaves basil (chiffonade)
- 4 oz seasonal vegetables
- 1/4 oz chives

GARLIC BUTTER INGREDIENTS:

- 1 stick, or 1/2 cup, butter
- 1/2 tbsp fresh garlic, finely chopped
- 1 tbsp fresh lemon juice
- 1 tbsp Pernod
- 1/2 cup Italian parsley, chopped
- salt and pepper to taste

SOLE PROVENÇALE

This simple, fresh, and colorful dish features classic flavors of Provence.

*From the
Left Bank
kitchen*

GARLIC BUTTER DIRECTIONS:

1. Place the soften butter in the mixer and whip about 3 minutes.
2. Add the garlic, salt, pepper, Pernod, lemon juice and mix.
3. Add the parsley, mix and taste.

DIRECTIONS:

1. Heat olive oil in a sauté pan until almost smoking.
2. Add the floured filet, skin side up, cook until golden.
3. Turn the fish and finish in the oven, about 2 minutes.
4. Remove the fish and add half of the garlic butter.
5. Add the shallots, olives, capers, lemon zest, chicken stock, and Pernod.
6. Stir in the remaining garlic butter and tomatoes; check for seasoning.
7. Sauté seasonal vegetables.
8. Place vegetables in the center of the plate, fish, then spoon sauce over the top.
9. Sprinkle with finely chopped chives.