



EASTERN FISHERIES STUFFED FILET OF SOLE WITH SEAFOOD MOUSSE

{ Serves 4 }



INGREDIENTS

4 Eastern Fisheries sole fillets
salt and pepper to taste
Seafood Mousse
(recipe below)
Spinach and Herb Sauce
(recipe below)
2 cups fish stock

Seafood Mousse:

¼ pound fresh scallops
¼ pound lobster meat
¼ pound crabmeat
3 jumbo shrimp, peeled and
deveined
1 egg white
8 ounces butter
¾ cup heavy cream

Spinach and Herb Sauce:

1 small bunch parsley
½ bunch watercress, thick
stems removed and coarsely
chopped
20 chives, coarsely chopped
15 shoots chervil, coarsely
chopped
½ cup cold water
½ cup heavy cream
8 ounces spinach, cleaned
and de-stemmed
7 tablespoons cold unsalted
butter, cut into small pieces
½ tablespoon red wine
vinegar
salt and freshly ground
pepper to taste

DIRECTIONS

1. To prepare Seafood Mousse: In a food processor, combine the scallops, lobster meat, crabmeat, and shrimp. Purée. Add egg white and 8 ounces butter (cut into small pieces). Season with salt and pepper to taste and add cream. Refrigerate immediately.
2. To prepare Spinach and Herb Sauce: In a small saucepan, place the parsley, watercress, chives, chopped chervil, and water. Bring to a slow boil and simmer about 3 minutes. Remove from heat and set aside to cool. Drain and save liquid.
3. Transfer herbs to a food processor or blender. Process until puréed. Add a few teaspoons of the reserved cooking liquid to smooth mixture. Transfer the puréed herbs to a small, heavy saucepan. Add the heavy cream and spinach and cook (whisking constantly over low heat). Add the butter a few pieces at a time. Season with vinegar and salt and pepper to taste. Transfer the sauce to a blender and process for 1 to 2 seconds. Keep the sauce warm or reheat at serving time.
4. To prepare the dish: Lay filets of sole flat and spread the Seafood Mousse over each. Roll up each filet in plastic wrap and tie ends with string. Boil in the fish stock for 8 minutes, remove, and allow to rest for 4 to 5 minutes. Remove wrap and slice.
5. Spoon Spinach and Herb Sauce on center of each plate. Arrange slices on sauce and serve.

SOLE & FLOUNDER