
Stuffed Sole Mousseline

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

4 to 6 skinless sole fillets (depending on size)

salt and pepper, to taste

3/4 pound Phillips crab meat

1/2 cup Castle Rock Sauvignon Blanc

3/4 pound crimini mushrooms, sliced

3/4 pound shallots, diced

2 fluid ounces Madeira

3 cups heavy cream

1 tablespoon corn starch, mix with 1/4 cup water

6 egg yolks

1/2 pound + 2 T butter

1/4 pound Red Cow reggiano, shredded

1/2 bunch parsley, chopped

Prepare the fillets by placing the skin side of the skinless fillet facing up. Salt and pepper each fillet. Divide the crab into equal portions to the number of fillets, and place a portion of crab on each fillets. Roll each fillet into a cylinder. Place in a casserole dish. Pour white wine in casserole dish. Place in oven at 375 degrees for about 15 minutes.

While the sole is poaching, sauté mushrooms and shallots in a skillet with two tablespoons of butter. Give the mushrooms some color. Deglaze the skillet with Madeira. Add two cups of cream, simmer briefly and add the corn starch slurry to thicken slightly.

To make the mousseline sauce, place six egg yolks in a double boiler. Melt 1/2 pound of butter in a sauce pan. Whisk the eggs until they start to get thick, about four minutes. The eggs should be thick, smooth and look wet. Remove the bowl of the double boiler from the heat and whisk the butter in slowly until it is absorbed. In a table mixer, whip one cup of heavy cream until it has soft peaks. Fold the cream and the egg mixture together which completes the Mousseline sauce.

When the sole has finished poaching, pour off the poaching wine. Cover fillets with mushroom sauce and top with the mousseline sauce. Sprinkle with reggiano cheese. Return the casserole to the oven increasing the temperature to 450 degrees. Remove the casserole when cheese is browned.

To serve plate each fillet, spoon sauce over and around fillet and sprinkle with chopped parsley to garnish.

Serving Ideas: This dish is great with pasta or rice.

Suggested Wine: Castle Rock Sauvignon Blanc

Seafood Entrees