

Seared Dover Sole with Hazelnut Dressing

Ingredients;

For the Dover Sole;

4 X 600/800g Sole

4 tablespoons vegetable oil

150g sieved flour

50g butter

For the hazelnut dressing;

1 tablespoon white wine vinegar

Pinch castor sugar

4 tablespoons extra virgin olive oil

½ teaspoon Dijon mustard

3 tbspoon chopped roasted & skinned hazelnuts

Salt & freshly ground black pepper

Method;

For the Sole;

Heat a large pan over a high heat

(you can cook the Sole in batches if the pan is not big enough)

Add the oil & the butter, taking care not to burn the butter

Toss the Sole in the flour on both sides & place on the pan

Turn the heat down to medium & cook for 4/5 minutes & turn when golden brown

Cook for a further 3/5 minutes

Remove

For the hazelnut dressing

Place the vinegar in a screw-topped jar and add the sugar, and a good pinch of salt, shake until the salt has dissolved

Add the oil to the jar with the mustard & shake again until you have formed a thick emulsion

Season to taste & stir in the hazelnuts

Chill until required