



LE CORDON BLEU®
LONDON

la
Recette

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Pan-Fried Lemon Sole On-the-bone,
Tomato and Courgette Croquette and
Parsley and Basil Sauce



Le Cordon Bleu is the leading global network of culinary arts and hospitality management institutes with over 127 years of teaching experience. Le Cordon Bleu offers a range of widely-recognised training programmes in culinary arts, wine and hotel management from short gourmet courses and Diplomas through to MBA.

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Ingredients

Serves 2

- 1 x 600 g whole lemon sole
- 10 ml olive oil
- 20 g butter
- fine salt and white pepper

Tomato and courgette croquettes

- 3 plum vine tomatoes
- 10 ml olive oil
- chopped thyme leaves
- 200 g courgette
- 4 salted anchovies
- 1 egg
- 20 g plain flour (T55)
- 30 g fine, fresh breadcrumbs
- neutral cooking oil, for deep-frying

Parsley and basil sauce

- 10 g flatleaf parsley leaves
- 20 g basil leaves
- ½ clove garlic, peeled
- 80 ml olive oil
- 10 g chardonnay vinegar

Decoration

- basil cress

Allergens: Fish, cereal, milk, eggs, sulphites

Method

1. **Tomato and courgette croquettes:** Preheat the oven to 120°C and line a baking tray with greaseproof paper.
2. Blanch the tomatoes in boiling water until the skins start to split. Drain, then plunge into an ice bath to refresh. Peel off the skins, then quarter and remove the seeds to make petals. Put the tomato petals into a bowl, add the olive oil and thyme, then season and mix to combine. Spread the tomato petals in an even layer on the prepared baking sheet and bake for 1 hour, then remove from the oven and let cool.
3. Meanwhile, halve the courgette. Cut one half of the courgette into large pieces, then cut the other half into small and regular dice (brunoise).
4. Cook the larger pieces of courgette in salted boiling water until soft. Drain, then plunge into an ice bath to refresh. Remove and drain again, then transfer to a blender and blend until a smooth purée forms. Transfer to a bowl and set aside.
5. Cook the smaller pieces of courgette in salted boiling water until soft. Drain, then plunge into an ice bath to refresh. Remove and drain again. Add to the bowl of courgette purée and mix to combine. Chop the anchovies, then add to the courgette mixture.
6. To assemble the croquettes, put 2 tomato petals into a 3 cm wide half-sphere silicone mould, then fill with the courgette and anchovy mixture. Repeat with the tomato petals and courgette and anchovy mixture so you have 4 filled half-spheres. Freeze until firm, then join the 2 halves together. Reserve the remaining tomato petals for plating.
7. Crack the egg into a bowl, season and beat lightly with a fork. Put the flour and breadcrumbs into separate plates. Dredge the croquettes in the flour, then coat in the beaten egg and dredge in the breadcrumbs. Finally, coat in the egg, then dredge in the breadcrumbs. Freeze until needed.
8. **Lemon sole:** Wash and remove the fins and head from the lemon sole. From the tail and over the centre spine, separate the fish into 2 long fillets on the bone. Trim the frills and tail end. Set aside.
9. **Parsley and basil sauce:** Put all the ingredients into a blender, season, then blend until smooth. Set aside.
10. **To finish:** Season the lemon sole fillets. Heat the olive oil in a frying pan, add the fish and brown lightly on both sides. Add the butter, then baste with the foaming butter for 2 minutes, or until the fish is cooked through. Keep warm and set aside.
11. Heat the oil in a deep pan to 180°C. Place the croquettes in the hot oil and deep-fry until golden and crispy. Remove with a slotted spoon and drain on paper towels, then cut in half.
12. **To serve:** Spoon the parsley and basil sauce decoratively on a plate. Place a fillet of the lemon sole on top of the sauce, then place 2 tomato petals beside the fish. Top the tomato petals with the halved tomato croquette, then decorate with the basil cress.