

# Sole Veronique

## Ingredients: (Serves 4)

125g green grapes  
4 x 200g sole fillets  
150ml dry white wine  
Water  
2 tarragon sprigs, one whole, one chopped  
1 parsley sprig  
1 small onion, sliced thinly  
25g butter  
25g plain flour  
150ml double cream  
Salt and pepper  
½ lemon

## Method:

First blanch the grapes in a bowl of boiling water for 1 minute. Refresh in cold water and then use a sharp knife to cut and slide the skins off. Cut in half and remove any pips. Place in a bowl, cover and chill.

Place the fish fillets in a large heavy frying pan and season with salt and pepper. Add the onion and whole sprigs of tarragon and parsley. Cover with the wine.

Place the pan on a medium heat and bring to simmering point. Cover and poach for 3 – 5 minutes, depending on the thickness of the fish, until it is just tender.

Remove the fish fillets with a slotted spoon and transfer to a heated serving dish, cover and keep warm.

Strain the poaching liquid into a saucepan and boil over a high heat until it is reduced by half.

Melt the butter in a saucepan, add the flour and stir to make a smooth paste. Gradually blend in the cooking liquid, stirring all the time. Gradually add the cream and bring to just below boiling point, stirring until you have a light smooth sauce. Add seasoning and a squeeze of lemon juice.

Remove from the heat and add two thirds of the grapes.

Pour the sauce over the poached fish and place under a pre-heated grill for 1 minute to brown.

Serve immediately garnished with the remaining grapes and a little chopped tarragon.

Goes well with boiled potatoes and a green vegetable



Image – [www.goodfood.com](http://www.goodfood.com)



*This recipe has been submitted by Alison Haynes and was taken from a book of Sainsbury's fish recipes and adapted by her over the years. She describes it as 'a subtle and delicious classic French fish dish'.*