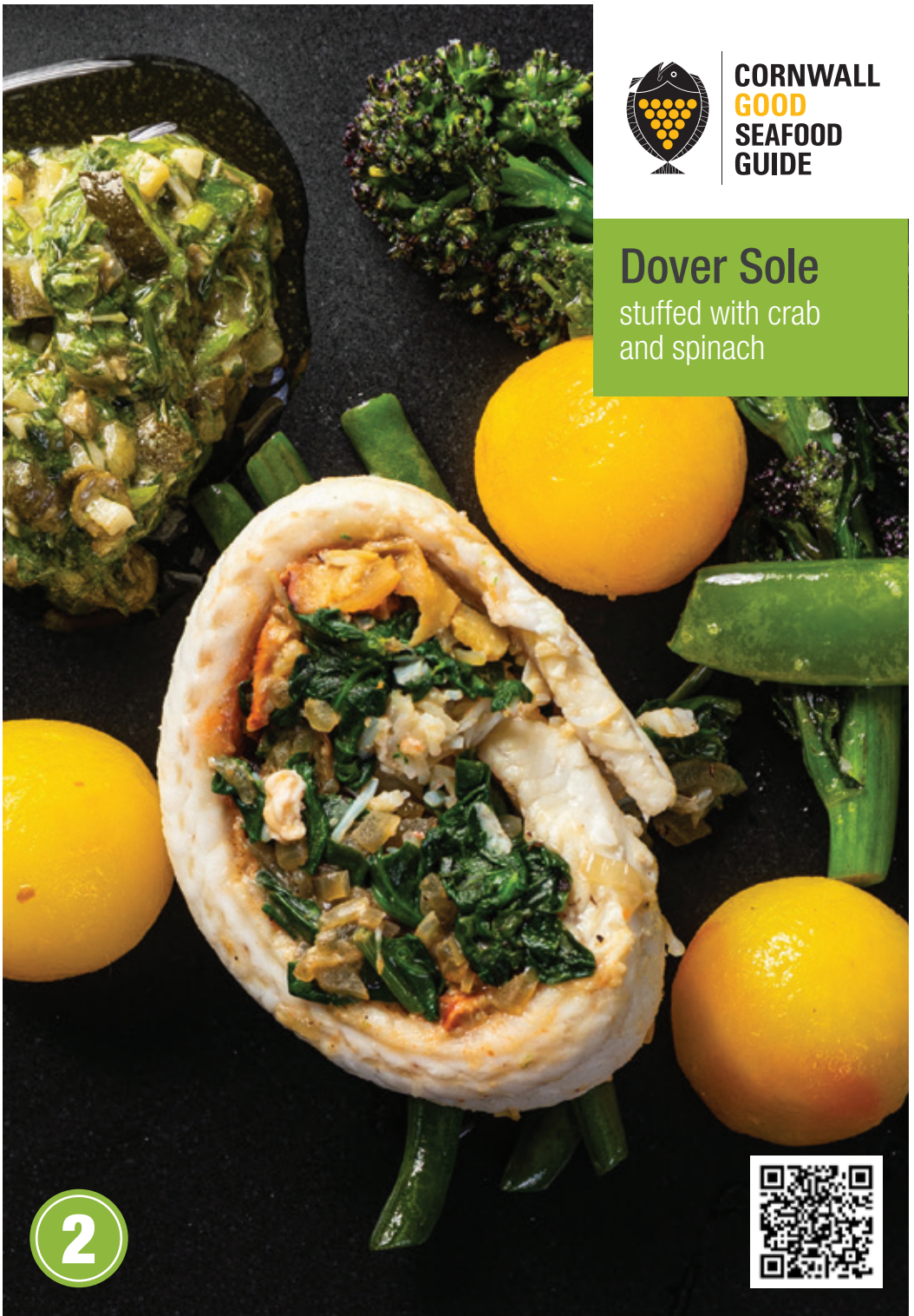




CORNWALL
GOOD
SEAFOOD
GUIDE

Dover Sole

stuffed with crab
and spinach



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Ken Symons Private Chef 2020

A light summer dish combining the 'king of fish' Dover sole and succulent Cornish crab, accompanied by a piquant and refreshing herb salsa verde. Dover sole is highly regarded by chefs as it is a meaty flatfish, delicious and versatile. It is also a sustainable option as populations of Dover sole are currently healthy in Cornish waters thanks to the EU sole recovery plan which has seen them recover from past overfishing. Cornish pot caught brown crab is also highly sustainable and adds depth of flavour to this delicious recipe.

Dover Sole stuffed with crab and spinach



Ingredients

Cooking time: approximately 30 minutes to prepare and cook
Serves: two

500g Dover sole (filleted and skinned)
50g brown crab
50g white crab meat
150g baby leaf spinach
100ml white wine
250ml fish stock
1kg potatoes (peeled)
Pinch of grated nutmeg
Banana shallot (finely chopped)
Green vegetables of choice

For the salsa verde:

30g tarragon
60g flat leaf parsley
15g dill
3 tsp Dijon mustard
2 cloves garlic (crushed) or 30g wild garlic when in season
200ml rapeseed or extra virgin olive oil
2 tbsp sherry vinegar
2 tbsp capers (roughly chopped)
2 tbsp chopped sweet pickled dill
cucumber

Follow the QR code overleaf for information on dover sole.

Method

Make the salsa verde: this recipe for salsa verde is simple and quick to make and it complements any seafood dish.

Finely chop all the ingredients, mix together, season to taste with Cornish sea salt and freshly ground black pepper. Will keep in the fridge for up to five days.

Cook the spinach: in a pan add a knob of butter over a low heat, add the chopped shallots and soften, add the washed spinach, cook till wilted. Season with nutmeg, salt and pepper. Drain and allow to cool.

Stuff the sole fillets: lay the fish fillets on a chopping board skin side facing up.

Thinly spread the brown crab on each fillet, top with the cooked spinach, gently squeezing out any extra liquid. Top this with the white crab (please pick through checking for shell), roll each fillet up like a Swiss roll.

Potatoes: using a melon baller - ball the potatoes 5/6 pieces per person, place in water with a pinch of salt and saffron, bring to the boil and cook till tender. Drain add a little butter.

Steam the fish: bring to the boil the wine and fish stock, turn down to a soft rolling simmer. Place in the fish, cover with a lid or paper, poach for 10 minutes.

Remove and drain, plate with the potatoes and vegetables of choice, spoon some salsa verde over.

Cornwall Good Seafood Guide is a website that aims to help us all make good seafood choices, by providing detailed sustainability information on all of Cornwall's seafood.

www.cornwallgoodseafoodguide.org.uk

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