

Flatfish in the oven

6 servings

1 kg sole or other flatfish
2 dl dry white wine
3 tbsp fish stock
60 g butter
1.5 tbsp wheat flour
5 dl whipping cream
1 lemon
1 egg yolk
1 pinch cayenne pepper
0.5 kg shrimp
12 crayfish tails (can be omitted)

Preheat oven to 200 °C (392 °F).

Slice the mushrooms and sauté in a frying pan. Season with salt, pepper and a squeeze of lemon.

Whisk 1 dl cream.

Place the fillets in a double layer in a pan. Add 2 dl water, 2 dl wine and 3 tbsp stock.

Cover with foil and bake in the oven for 15 minutes.

Remove the fish with a slotted spoon and place in a baking dish and cover with foil.

Reduce the fish sauce by half in a large saucepan.

Melt 35 g butter in a saucepan. Sprinkle in 1.5 tbsp flour while whisking and cook over low heat for about 5 minutes without the flour taking on colour (batter).

Add the batter to the fish sauce while whisking.

Dilute with 4 dl cream.

Cook and whisk until the sauce thickens.

Remove the saucepan from the heat and whisk in the egg yolk and 25 g butter.

Season with salt, a few drops of lemon juice and 1 tsp cayenne pepper.

Fold in the whipped cream.

Pour the sauce over the fish.

Set the oven to grill mode, 250 °C (482 °F).

Place the baking dish directly under the grill element in the oven.

It is important to keep an eye on the food so that it does not burn. The sauce should only be slightly golden in color.

Top with shrimp and crayfish tails.