

Megrim Sole Saltimbocca on Butter Bean Purée with Monks Beard Salad

Megrim sole is an underused flat fish caught around British coasts and is mainly a by-catch. This means it's a very sustainable fish to use! The "saltimbocca" preparation not only adds flavour to the dish but protects the delicate flesh during pan-frying. The butter bean puree adds a creamy, rich base for the fish and the Monks Beard a crisp, fresh element.

If you can't get the Monks Beard then Samphire would be a good replacement.

Serves 4 as a tapa

100g net weight of skinned megrim sole, cut into 6 strips
6 thin slices of prosciutto, such as Parma or San Danielle
6 small sage leaves
10g of grated parmesan
75g tinned butter beans, drained and rinsed
5g unsalted butter
1 small shallot finely chopped
30g monks beard or samphire
10ml moscatel vinegar
10ml extra virgin olive oil
Olive oil for cooking
squeeze of lemon
Sea salt and pepper

Method

Place a sage leaf on each fillet of sole topped with a sprinkle of Parmesan and then wrap with the prosciutto. Reserve in a fridge until ready to cook.

Warm the butter beans in a pan with the butter and a splash of water then transfer to a blender and puree until smooth. Check the seasoning and then warm through again and reserve until ready for use.

Blanche the monks beard or samphire in boiling salted water for a minute and then refresh in cold water immediately.

Season the fish with salt and pepper and then pan fry over a medium heat until lightly browned on both sides and just cooked through, remove from the pan and add a squeeze of lemon juice to each goujon and reserve.

Mix the shallots with the monks beard and season well also add some moscatel vinegar and olive oil to taste.

Spoon some bean puree onto warmed serving plates followed by some dressed monks beard and then top with the sole fillets. Serve immediately.