

# SOLE WITH MUSTARD SAUCE AND GREEN BEANS



## MAKES 2 SERVINGS

½ lb. small green beans (trimmed)  
Kosher Salt  
2 tbsp. grapeseed oil  
1 whole 1 lb. piece sole (Dover Sole is best) (skinned)  
1 -2 tsp. paprika  
1 tbsp. unsalted butter  
1 small shallot, minced  
1 small garlic clove, minced  
1 tbsp. chopped flat-leaf parsley  
1 tbsp. fresh tarragon  
Freshly ground black pepper  
Mustard Sauce (see recipe)

Cook beans in a large pot of boiling salted water until crisp-tender. (about 3 minutes)  
Drain, transfer to a bowl of ice water to cool, drain & pat dry.

Cut beans in half crosswise.

Heat 1 tbsp. of grapeseed oil in a large nonstick skillet over medium heat. Season sole all over with salt. Use a fine-mesh sieve and dust paprika over both sides of fish. Add fish to skillet. Cook fish until golden and then leave on skillet 3-5 minutes longer. Transfer to platter.

Melt butter with remaining grapeseed oil in another skillet over medium heat. Add shallot and garlic, stir often cooking until soft. (approx. 2 min.) Add green beans and cook, stirring the beans to coat, until warm. Stir in parsley and tarragon. Season with salt and pepper.

Carefully remove the fillets from top of fish, keep pieces intact. Lift bones from bottom of fish. The mustard sauce is layered between fillets and also used to top fish. Serve with green beans and lemon wedges.

## **MUSTARD SAUCE**

¾ cup dry white wine  
2 tsp. minced shallots  
1 small sprig thyme  
½ small bay leaf  
¼ tsp. tarragon or white wine vinegar  
6 tbsp.(¾ stick) unsalted butter  
2 large egg yolks  
1/8 tsp. paprika  
1 ½ tsp. Dijon mustard  
Kosher salt

Bring first 5 ingredients to a simmer in a small saucepan, cook until liquid is reduced to 2 tablespoons. (approx. 10 min.)

Transfer to a medium bowl. Let cool slightly. Discard thyme sprig and bay leaf.

Simmer butter in a small saucepan over medium heat until foamy; skim foam from surface, discard. Pour clarified butter into a small glass measuring cup, leaving any brown bits behind. Keep warm.

Whisk egg yolks, paprika and 1 tbsp. water into wine mixture.

Place bowl over a pan with simmering water (cup should not touch water). Whisk constantly until ribbons form. (approx. 5 min). Slowly whisk in butter. Whisk constantly until well blended and fluffy. (approx. 2 min.) Remove from heat, whisk in Dijon mustard. Season with Salt. Serve Immediately.