

"PICASSO SOLE"



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SERVES: 1

Cook Time: 15 min

Preparation Time: 10 min

INGREDIENTS

1 sole, about 400g; ask the fishmonger to remove the skin • Flour, handful • Salt and Pepper • 100g unsalted butter • 100g mixed fruit from GLOBO; tropical fruit, pears, apricots, papaya, mango etc. • 1 fresh banana • 2 tablespoons Pernod or Ricard • 1 tablespoon lemon juice

METHOD

Preheat the oven to 180°C • Sprinkle the sole with pepper and salt and dust with flour • Heat the butter in a large frying pan, taking care not to overheat the pan • Fry the sole on medium heat for three to four minutes on both sides • Remove from the pan and place in the oven • Fry the fruit and banana in the remaining in the leftover fat • Cook until the fruit is warm; then lower the heat • Add the Pernod - taking care as it is highly flammable - and the lemon juice and heat a little • Remove the sole from the oven and serve on a plate • Drizzle with the fruit and the sweet sauce