

Normandy Sole or Sole Normande

Prepare this dish with its famous mushrooms and prawns' sauce.

Serves 4 :

Preparation and cooking time : 35 minutes

Ingredients :

- 4 sole, filleted
- 2 tablespoon lemon juice
- 125g small mushrooms
- 50g butter
- 20 cl double cream
- 100g prawns cooked
- 1 egg yolk
- flavor
- Salt and pepper

Wash the fillets and dry them well. Add salt, pepper (lightly) and lemon juice. Pass them in flavor (both sides). Fry the fish in butter in a large pan (both sides).

Once the mushrooms washed and minced, cook them in butter in a frying pan. Add double cream, salt and pepper and allow to thicken. Add prawns, then remove from fire. Add egg yolk you will have gently mixed before with a bit of double cream.

Arrange the fillets on a serving platter and coat them with the sauce.

Recommended wine with this dish :

- A dry white Muscadet matches well with this recipe.