Sole Paupiettes with Dill Dressing

Roll the sole around silverbeet and red capsicum before poaching. Serve the chilled rolls with a spoonful of dill dressing.



SERVES 2 AS A STARTER / LIDDED PAN AND 4 COCKTAIL STICKS

Prep 20 min · Cook 10–15 min · Chill 1–2 hr

Ingredients

4 thin skinless sole fillets, about 40–50 g each

1 large silverbeet leaf, tough central stalk removed

20 g red capsicum, cut into fine matchsticks

250 ml salt-reduced fish stock, plus a little water if needed

10 ml white wine vinegar and 25 ml neutral oil

½ tsp each Dijon mustard and horseradish cream

A pinch of caster sugar and 2 tsp finely chopped dill

2 small dill sprigs, to serve

Roll, poach and chill

1. Roll

Blanch and dry the silverbeet. Lay it over the fish, add capsicum and roll each fillet around the filling.

2. Poach

Secure the rolls with cocktail sticks and poach gently in a covered pan. Chill in a shallow dish.

3. Dress

Whisk the dill dressing, turn the cold rolls through it and refrigerate for 15 minutes before serving.

KOOK'S SECRET

Pat the blanched silverbeet between two clean towels. A dry leaf grips the fish while you roll it and helps the green spiral stay in place.

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The full method

01 **Blanch the leaf**

Drop the silverbeet into boiling water for 30–45 seconds to soften it. Cool under cold water and pat dry. Cut four pieces just smaller than the fish fillets.

02 **Shape the paupiettes**

Lay the fillets with the skinned side facing up. Cover each fillet with silverbeet. Put a small bundle of capsicum across the thick end, then roll towards the tail. Run a cocktail stick through each roll to hold it.

03 **Poach and chill**

Fit the rolls snugly in the pan. Pour in enough stock to come halfway up, adding water if needed. Bring to a bare simmer, cover and gently cook for 6–10 minutes. Check the fish in the thickest roll reaches 63°C. Lift into a clean shallow dish and refrigerate promptly until cold.

04 **Dress and serve**

Whisk the vinegar, mustard, horseradish cream and sugar. Whisk in the oil, then add the chopped dill. Spoon over the cold rolls and turn gently. Chill for 15 minutes. Remove all four sticks, arrange two rolls on each plate and finish with dressing and a dill sprig.

FROM MARK'S KITCHEN

Slip the cocktail sticks out just before plating, then turn the open ends towards the diner so the red capsicum and green leaf can be seen.