



Photo courtesy of the Chef.

Crispy sole with quinoa and spicy fennel



Chef Claude and Thomas Troisgros (Brazil)

Serves: 4

Ingredients:

For the spiced oil

1 tbsp curry powder
1 tbsp ground cumin
1 tbsp coriander seeds
1 tbsp paprika or ground chilli
1 tbsp ground ginger
1 tbsp chopped garlic
1 tbsp cayenne pepper or chilli powder
500 ml extra virgin olive oil
Salt

For the fennel salad

2 fennels
100 ml spiced oil
100 ml Pernod liquor
Juice of one lemon
80 g dark raisins
2 cl honey
Chopped parsley, basil, chive and coriander
Pepper
Salt

For the quinoa

100 g quinoa
Salt

For the sole

800 g sole fillet
2 tbsp flour
2 eggs, lightly beaten
1 tbsp olive oil
Black pepper
Salt

Preparation:

- To prepare the spiced oil, begin by toasting the curry, cumin, ginger, coriander, paprika, cayenne pepper and garlic in a pan for 2 minutes, taking care not to burn the spices.
- Add the olive oil and mix all the ingredients in a blender. Set aside this oil 24 hours before use.
- Clean the fennel, remove the leaves and cut into slices.
- Pour the spiced oil into a pan and, when hot, fry the fennel slices for 6 minutes. Season with salt and pepper.
- Add the raisins, honey and lemon juice.
- Flambé with the Pernod.
- Remove from the pan and place in a bowl. Add the coriander, chive, basil and parsley. Leave to marinate for 2 hours.
- Next, wash the quinoa and cook in salted water for 20 minutes. Strain and let cool. Dry thoroughly on a plate.
- To cook the sole, season both sides of the fish with salt and black pepper. Dip the inside of the fish in the flour and the egg and coat with quinoa. Press the quinoa with your hand so that it sticks to the fish.
- Fry the fish on the side with the quinoa and turn over.
- To serve, place the fennel salad on the plate and the sole on top. Garnish with fennel leaves and sprinkle with spiced oil, if you wish.