

Sole & Asparagus w/ Citrus Sauce



You can find Dover sole in most groceries in the frozen seafood section

Serves 4

1 1/2T unsalted butter	1 pound asparagus	Sauce:	1/2c unsalted butter, cut into pieces
2 shallots, chopped	8 frozen Dover sole filets	1/2c fresh citrus juice, combination of orange, lemon, lime and grapefruit	2 pinches cayenne pepper
2T fresh citrus zest, combination of orange, lemon, lime and grapefruit	2T Dijon mustard	1 shallot, finely chopped	1/2t fresh lemon juice
	1/2c water		

Preheat oven to 450°F. Brush a 13x9 roasting pan with a little melted butter, then sprinkle shallot and zest in pan.

Trim asparagus, peel spears starting from 2 inches below tip of each. Blanch asparagus in boiling water for 1 minute. Remove and immediately place in ice water to stop the cooking process.

Arrange fish fillets on a work surface and lay 5~6 asparagus across 2 sole fillets, brush asparagus with a Dijon mustard and wrap fish around them to make a bundle. Repeat with remaining fillets and asparagus. Transfer bundles, seam sides down, to roasting pan and brush fish with remaining melted butter. Season with salt and pepper, and add water to pan. Cover pan tightly with foil and bake until fish is just cooked through and asparagus is crisp~tender, about 20 minutes.

Make sauce while fish bakes:

Boil citrus juice with shallot in a 2~quart heavy saucepan over medium~high heat until reduced to about 2T, about 4~5 minutes. Reduce heat to low, whisk in 1T butter, whisking constantly. Add remaining butter, 1T at a time, whisking constantly, adding each piece before previous one has completely melted, and lifting pan from heat occasionally to cool mixture. Remove from heat and stir in salt, cayenne, and lemon juice.

Transfer fish with a slotted spatula to a platter and reserve pan juices. Cover fish with foil. Pour pan juices into a 10" skillet and boil over moderately high heat until reduced to about 2T, about 2 minutes. Gradually whisk into sauce and spoon over fish.

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