

Sole Wrapped in Prosciutto with Bay Leaf Sauce

(By Gennaro Contaldo of Saturday's Kitchen)

For the paste

20g/ $\frac{3}{4}$ oz capers, drained

$\frac{1}{4}$ garlic clove, finely chopped

1 tbsp extra-virgin olive oil

For the sole

8 slices prosciutto

8 fillets lemon sole, weighting about 100g/ $3\frac{3}{4}$ oz each (or 4 fillets of sole, weighting about 200g/7oz each, cut in half lengthways)

8 small sprigs fresh parsley

salt and freshly ground black pepper

8 fresh chives

For the bay leaf sauce

4 tbsp extra-virgin olive oil

6 fresh bay leaves, finely chopped

1 shallot, finely chopped

1 garlic clove, finely chopped

1 handful fresh parsley, finely chopped

200ml/7fl oz white wine

$\frac{1}{2}$ tsp cornflour

To serve

500g/1lb 2oz baby potatoes, boiled

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. For the paste, place the capers, garlic and olive oil in a mortar and grind with a pestle to make a paste.
3. For the sole, line up the slices of prosciutto on a clean work surface, well spaced apart.
4. Place one sole fillet on each slice of prosciutto, brush the fish with a light layer of the caper paste, then top with a sprig of parsley. Season with salt and freshly ground black pepper, to taste.
5. Carefully roll up each fillet in the prosciutto slice and tie to fasten using a chive.
6. Line a baking tray or an ovenproof dish with greaseproof paper and place the wrapped and rolled fish fillets on the dish. Bake in the oven for approximately 10-15 minutes, or until the fish is just

cooked.

7. For the sauce, heat the olive oil in a small frying pan and add the bay leaves, shallot, garlic and parsley. Fry on a medium heat for about seven minutes, or until the shallot has softened.

8. In a small bowl, whisk together the wine and cornflour. Add the cornflour mixture to the pan. Stir well and season to taste with salt and freshly ground black pepper. Cook for a further five minutes, or until the sauce has thickened.

10. Remove the sole fillets from the oven and transfer them to a large serving dish, or onto four individual plates, and pour over the sauce before serving. Serve with the boiled baby potatoes.