

MASH IN A BIRD'S NEST

Recipe by Kosta the Fishmonger © worldwide 2010



2 Pc 8oz.	Rock or Brill sole fillets	¼ Tbsp.	Butter
1 oz.	White wine	2 Cups	Mash potatoes
2/3 Cup	White cheddar cubed	2 Giant	Prawns peeled and butter-flied tail on
Sea salt and white pepper			

Ingredients for sauce:

1 Tbsp.	Butter	1/3 cup	Whipping cream
The fish juice		White pepper to taste	
Pinch nutmeg			

- 1) Season the two pieces of sole with salt and pepper and using a toothpick to form a bird's nest as shown on video. Pre heat the oven to 350 F. In a small baking dish coat the bottom with butter and add the wine. Then place the sole in the dish. Mix the mash potatoes with the cheese and stuff the sole with the potato mixture. Place a prawn on top of each stuffed sole. Next cover with foil and bake for 25 minutes or till done.
- 2) To make the sauce you need the juice that remains from cooking the sole. In a 9inch pan on medium heat add the butter, fish juice and the whipping cream. Reduce till thickened, add pepper and nutmeg. Then pour an equal amount of sauce over the Mash in a Bird's Nest and serve.