

LESLEY WATERS' GLAZED LEMON SOLE TART

SERVES 4

INGREDIENTS

250g shortcrust pastry

225g lemon sole fillet

300ml milk

1 bay leaf

25g butter

1 small onion, finely chopped

25g plain flour

1 egg, separated



Handful fresh parsley, chopped

Squeeze lemon juice

Homemade Hollandaise sauce

- Preheat the oven to 200°C/400°F. On a lightly floured surface, roll out the pastry and use to line a 20cm loose-bottomed tart tin. Chill for 15 minutes.
- Place greaseproof paper over the pastry and top with baking beans. Bake in the oven for 10–15 minutes. Remove the paper and beans, and return the tart case to the oven for 3–5 minutes until it is just cooked. Remove from the oven and reduce the heat to 180°C/375°F.
- Place the fish in a shallow pan and cover with the milk. Add the bay leaf and bring to the boil. Reduce the heat and poach very gently for 4–5 minutes.
- Remove the fish from the pan and allow to cool slightly, then coarsely flake. Reserve the cooking liquid and allow to cool.
- Heat the butter in a pan. Add the onion and cook for 5–6 minutes until soft.
- Add the flour and cook, stirring for 1 minute. Remove from the heat and gradually stir in the cooled cooking liquid. Return the pan to the heat, bring to the boil and simmer for 2 minutes. Season the sauce and allow to cool slightly.
- Add the egg yolk, fish, parsley and lemon juice. Whisk the egg white to medium-stiff peak and gently fold in. Pour the mixture into the pastry case and bake for 20–25 minutes until set.
- Meanwhile, heat the grill to a medium-high setting and prepare the Hollandaise sauce. Spoon the sauce over the cooked tart and place it under the grill until browned. Serve at once.