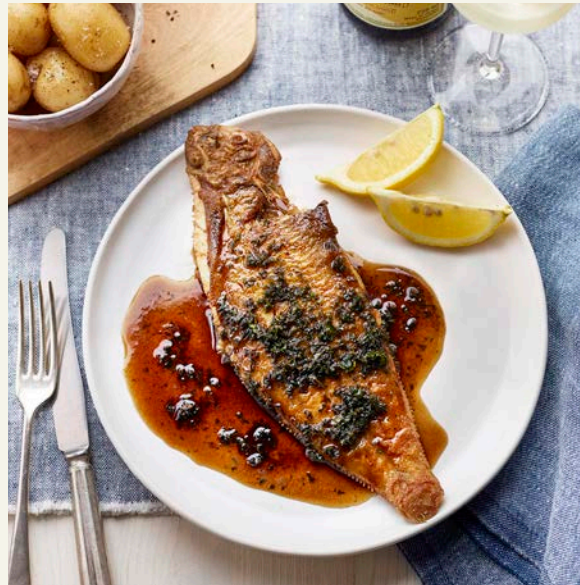


STEIN'S AT HOME

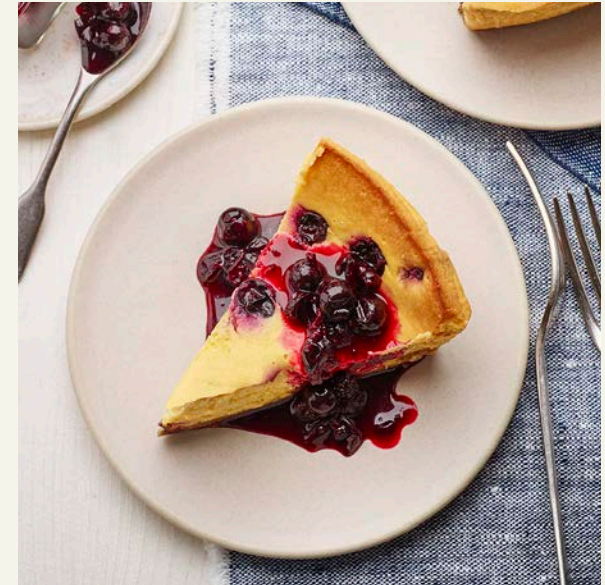
The Lemon Sole Menu



Celeriac
Soup



Lemon Sole
Meunière



Baked Blackcurrant
Cheesecake



Cook along with Rick or Jack

Visit our **Rick Stein Restaurants YouTube channel** or scan the code to watch Rick or Jack cook the menu.



Listen to Rick's playlist

Search **Spotify** for **Stein's Sounds** or scan the code to listen to Rick's favourite kitchen tracks.



Celeriac Soup

with croutons and garlic oil

Ingredients:

Celeriac soup | Croutons | Garlic oil

Cooking Instructions:

TIP: Remove the **lemon sole** (for the main course) from the packaging now to allow to breathe.

Pour the **celeriac soup** into a pan and bring to the boil whilst whisking gently. Remove from the heat.

Serve with the **croutons** and drizzle with **garlic oil**.

Lemon Sole Meunière

with new potatoes and kalettes

Ingredients:

Lemon sole | Salted butter | Kalettes | Curly leaf parsley
Lemon | Buttered potatoes

Cooking Instructions:

Remove the **lemon sole** from the packaging and allow to breathe for 5-10 minutes.

Preheat the grill to high. Put the **lemon sole** onto a grill tray, making sure both heads are facing the same way, drizzle with a little **oil** and season with **salt and pepper**. Put under the grill for around 8-10 minutes.

Wash the **kalettes**, put them in a pan with 1cm of water on a high heat and bring to the boil with the lid on. Steam for 3-4 minutes. Season with **salt and pepper** and add a small thumb size piece of **butter**, stir and replace the lid to keep warm.

Remove the stalks and roughly chop the **curly parsley**.

Place the bag of **potatoes** into a pan of gently simmering water for 8-10 minutes (or microwave for 2-3 minutes).

Cut the **lemon** in half. Half will be used for the beurre noisette sauce and half for garnish. Cut into wedges for the garnish.

Use a probe to check the **fish** is cooked (it should be 55 degrees) or use a pallet knife to check if the meat comes cleanly off the bone.

Place the **lemon sole** on a plate with a wedge of **lemon** for garnish.

To make the beurre noisette, put a saucepan on high (almost smoking), add the **butter** and stir until brown and it starts to smell nutty. At this stage, remove from the heat, add a squeeze of **lemon** and the chopped **parsley**. Pour over the **lemon sole**.

Serve with the **potatoes** and **kale**.

Baked Blackcurrant Cheesecake

with blackcurrant compote

Ingredients:

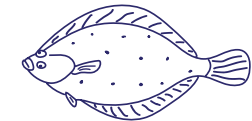
Blackcurrant cheesecake | Blackcurrant compote

Cooking Instructions:

Place the **cheesecake** just off centre on your plate.

Serve with the **compote** poured to the side and some drizzled over the top of the **cheesecake**.

A slightly smaller, more delicate and subtle alternative to Dover Sole. Thought to be named because its shape is vaguely similar to that of a lemon and it has a slightly yellow colour, although it doesn't actually taste of lemon. A delicate, sweet and tasty white fish.



View the full list of ingredients and allergens online at rickstein.com

Made in an environment handling: CELERY, CEREALS CONTAINING GLUTEN (such as barley and oats), CRUSTACEANS (such as prawns, crabs and lobsters), EGGS, FISH, MILK, MOLLUSCS (such as mussels and oysters), MUSTARD, PEANUTS, SESAME, SOYBEANS, SULPHUR DIOXIDE AND SULPHITES, NUTS

V1

Please refrigerate items after opening your box.

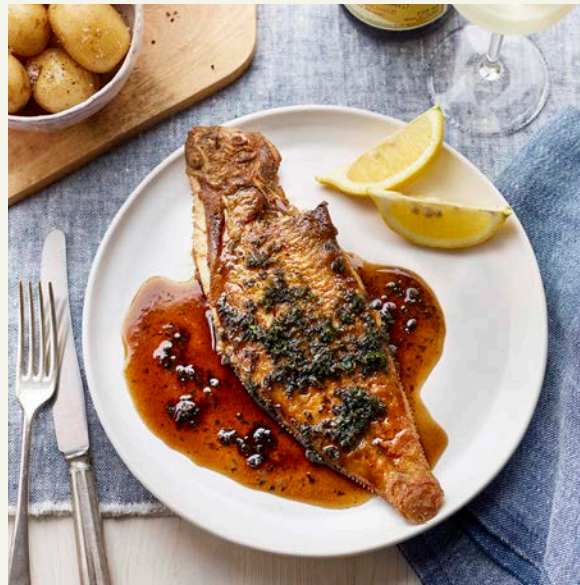
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STEIN'S AT HOME

The Lemon Sole Menu



Fish and Shellfish Soup



Lemon Sole Meunière



Chocolate Pavé



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Fish and Shellfish Soup

with croutons, rouille and Parmesan

Ingredients:

Fish soup | Croutons | Rouille | Parmesan

Cooking Instructions:

TIP: Remove the **lemon sole** (for the main course) from the packaging now to allow to breathe.

Heat the **soup** gently for a few minutes but don't allow it to come to the boil.

Serve with the **croutons** covered in **rouille** and a sprinkle of **Parmesan**.

A long time favourite on the menu at the Seafood Restaurant in Padstow.

Lemon Sole Meunière

with new potatoes and kalettes

Ingredients:

Lemon sole | Salted butter | Kalettes | Curly leaf parsley
Lemon | Buttered potatoes

Cooking Instructions:

Remove the **lemon sole** from the packaging and allow to breathe for 5-10 minutes.

Preheat the grill to high. Put the **lemon sole** onto a grill tray, making sure both heads are facing the same way, drizzle with a little **oil** and season with **salt and pepper**. Put under the grill for around 8-10 minutes.

Wash the **kalettes**, put them in a pan with 1cm of water on a high heat and bring to the boil with the lid on. Steam for 3-4 minutes. Season with **salt and pepper** and add a small thumb size piece of **butter**, stir and replace the lid to keep warm.

Remove the stalks and roughly chop the **curly parsley**.

Place the bag of **potatoes** into a pan of gently simmering water for 8-10 minutes (or microwave for 2-3 minutes).

Cut the **lemon** in half. Half will be used for the beurre noisette sauce and half for garnish. Cut into wedges for the garnish.

Use a probe to check the **fish** is cooked (it should be 55 degrees) or use a pallet knife to check if the meat comes cleanly off the bone.

Place the **lemon sole** on a plate with a wedge of **lemon** for garnish.

To make the beurre noisette, put a saucepan on high (almost smoking), add the **butter** and stir until brown and it starts to smell nutty. At this stage, remove from the heat, add a squeeze of **lemon** and the chopped **parsley**. Pour over the **lemon sole**.

Serve with the **potatoes** and **kale**.

Chocolate Pavé

with biscuit crumb and Cornish clotted cream

Ingredients:

Pavé | Biscuit crumb | Clotted cream

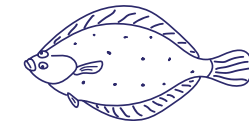
To Serve:

Serve the **pavé** cold from the fridge just off centre on your plate.

Pile the **crumb** alongside.

Spoon the **cream** onto the **crumb**.

A slightly smaller, more delicate and subtle alternative to Dover Sole. Thought to be named because its shape is vaguely similar to that of a lemon and it has a slightly yellow colour, although it doesn't actually taste of lemon. A delicate, sweet and tasty white fish.



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V2

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STEIN'S AT HOME

The Lemon Sole Menu



Celeriac Soup



Lemon Sole Meunière



Chocolate Pavé



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Celeriac Soup

with croutons and garlic oil

Ingredients:

Celeriac soup | Croutons | Garlic oil

Cooking Instructions:

TIP: Remove the **lemon sole** (for the main course) from the packaging now to allow to breathe.

Pour the **celeriac soup** into a pan and bring to the boil whilst whisking gently. Remove from the heat.

Serve with the **croutons** and drizzle with **garlic oil**.

Lemon Sole Meunière

with new potatoes and kalettes

Ingredients:

Lemon sole | Salted butter | Kalettes | Curly leaf parsley
Lemon | Buttered potatoes

Cooking Instructions:

Remove the **lemon sole** from the packaging and allow to breathe for 5-10 minutes.

Preheat the grill to high. Put the **lemon sole** onto a grill tray, making sure both heads are facing the same way, drizzle with a little **oil** and season with **salt and pepper**. Put under the grill for around 8-10 minutes.

Wash the **kalettes**, put them in a pan with 1cm of water on a high heat and bring to the boil with the lid on. Steam for 3-4 minutes. Season with **salt and pepper** and add a small thumb size piece of **butter**, stir and replace the lid to keep warm.

Remove the stalks and roughly chop the **curly parsley**.

Place the bag of **potatoes** into a pan of gently simmering water for 8-10 minutes (or microwave for 2-3 minutes).

Cut the **lemon** in half. Half will be used for the beurre noisette sauce and half for garnish. Cut into wedges for the garnish.

Use a probe to check the **fish** is cooked (it should be 55 degrees) or use a pallet knife to check if the meat comes cleanly off the bone.

Place the **lemon sole** on a plate with a wedge of **lemon** for garnish.

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Serve with the **potatoes** and **kale**.

Chocolate Pavé

with biscuit crumb and Cornish clotted cream

Ingredients:

Pavé | Biscuit crumb | Clotted cream

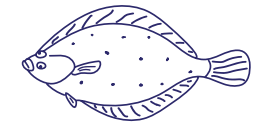
To Serve:

Serve the **pavé** cold from the fridge just off centre on your plate.

Pile the **crumb** alongside.

Spoon the **cream** onto the **crumb**.

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V3

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STEIN'S AT HOME

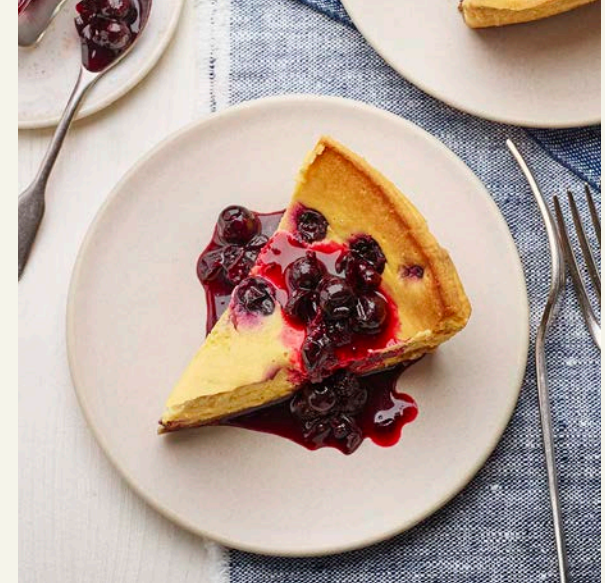
The Lemon Sole Menu



Fish and
Shellfish Soup



Lemon Sole
Meunière



Baked Blackcurrant
Cheesecake



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with croutons, rouille and Parmesan

Ingredients:

Fish soup | Croutons | Rouille | Parmesan

Cooking Instructions:

TIP: Remove the **lemon sole** (for the main course) from the packaging now to allow to breathe.

Heat the **soup** gently for a few minutes but don't allow it to come to the boil.

Serve with the **croutons** covered in **rouille** and a sprinkle of **Parmesan**.

A long time favourite on the menu at the Seafood Restaurant in Padstow.

Lemon Sole Meunière

with new potatoes and kalettes

Ingredients:

Lemon sole | Salted butter | Kalettes | Curly leaf parsley
Lemon | Buttered potatoes

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Serve with the **potatoes** and **kale**.

Baked Blackcurrant Cheesecake

with blackcurrant compote

Ingredients:

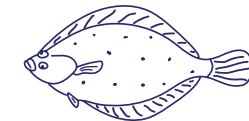
Blackcurrant cheesecake | Blackcurrant compote

Cooking Instructions:

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Serve with the **compote** poured to the side and some drizzled over the top of the **cheesecake**.

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V4

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