



Crab-Stuffed Sole Paupiettes with Sauce Vin Blanc

READY IN



105 min.

SERVINGS



8

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium carrots peeled thinly sliced
- 1 medium celery stalks thinly sliced
- 16 pieces chives for garnish (2-inch)
- 3 tablespoons chives finely chopped
- 0.5 cup wine dry white
- 1 tablespoon flour all-purpose
- 0.5 cup heavy whipping cream
- 0.8 teaspoon kosher salt plus more for seasoning

- 1.5 teaspoons juice of lemon freshly squeezed
- 1 teaspoon lemon zest finely grated (from 1 medium lemon)
- 8 ounces lump crab meat picked over for shells, excess water squeezed out (do not rinse)
- 6 parsley fresh italian
- 0.3 cup shallots finely chopped (from 1 shallot)
- 2 medium shallots thinly sliced
- 3 ounce sole skinless ()
- 3 tablespoons butter unsalted at room temperature
- 3 cups water
- 8 servings pepper white freshly ground

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- sieve
- plastic wrap
- baking pan
- aluminum foil
- spatula

Directions

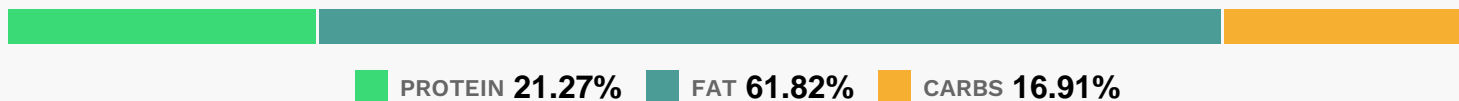
- For the filling: Melt the butter in a medium frying pan over medium heat until foaming.
- Add the shallot and cook, stirring occasionally, until softened but not browned, about 3 to 4 minutes.

- Sprinkle in the flour, stir to coat the shallot, and cook until the raw taste has cooked off, about 1 minute.
- Whisk in the wine and simmer until the mixture has reduced slightly and thickened, about 1 to 2 minutes.
- Whisking constantly, slowly pour in the cream and bring to a simmer. Continue simmering until the sauce has thickened and reduced by about a third, about 8 minutes.
- Remove the pan from the heat and stir in the crabmeat, chives, lemon zest, lemon juice, salt, and pepper until combined (the mixture should be thick).
- Heat the oven to 200°F and arrange a rack in the middle.
- Place a fine-mesh strainer over a medium heatproof bowl and set aside.
- Combine the water, wine, shallots, carrots, celery, parsley, and measured salt in a large straight-sided frying pan with a tightfitting lid and bring to a boil over high heat. Reduce the heat to medium and simmer until the poaching liquid has reduced by a third and the flavors have developed, about 20 minutes. Meanwhile, place the sole fillets in a single layer on a work surface and lightly season both sides with salt and white pepper. Divide the chilled crab filling among the fish fillets, spreading it into a thin, even layer along the length of each fillet and leaving a 1/4-inch border. Starting with the thicker end, roll up each fillet.
- Place the fillet rolls seam-side down in a shallow baking dish, cover the dish with plastic wrap, and refrigerate.
- Pour the poaching liquid through the reserved strainer and discard the contents of the strainer. Return the poaching liquid to the pan, bring it to a bare simmer over high heat, then reduce the heat to low. Reserve the strainer and medium heatproof bowl for later use.
- Place the rolled fillets seam-side down in the poaching liquid and cover the pan. Poach at a low simmer until the fish is opaque and firm to the touch, about 18 to 20 minutes. Meanwhile, wash and dry the shallow baking dish and set it aside. Using a flat spatula, carefully transfer the fish to the clean baking dish.
- Pour the poaching liquid through the strainer and discard the contents of the strainer.
- Pour 1/2 cup of the strained liquid into the baking dish. Cover with aluminum foil and place in the oven to keep warm. Line a plate with paper towels; set aside.
- Pour 1 cup of the strained poaching liquid into a small saucepan and bring to a boil over medium-high heat. (If you have less than 1 cup of poaching liquid left, add enough water to make 1 cup.) Boil until the liquid is reduced to 3/4 cup, about 4 minutes. Meanwhile, mix the butter and flour together in a small bowl until a smooth paste has formed; set aside. Reduce the heat under the poaching liquid to medium. While whisking, slowly add the cream and then

simmer, whisking occasionally, until the sauce coats the back of a spoon and has reduced to 1 cup, about 3 minutes.

- Whisk in the butter–flour mixture and simmer, stirring constantly, until the butter mixture is incorporated and the sauce has thickened, about 1 to 2 minutes.
- Remove the pan from the heat and stir in the lemon juice. Taste the sauce and season with salt and pepper as needed. To serve, spoon 2 tablespoons of the sauce onto a small plate.
- Place one paupiette on the towel-lined plate to remove the excess moisture, then place in the sauce. Repeat with the remaining paupiettes. Evenly drizzle the remaining sauce over the paupiettes and garnish each with 2 crossed pieces of chive.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.85, Glycemic Load:1.41, Inflammation Score:-8, Nutrition Score:10.485652208328%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 155.66kcal (7.78%), Fat: 10.12g (15.57%), Saturated Fat: 6.22g (38.85%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 4.89g (1.78%), Sugar: 2.12g (2.36%), Cholesterol: 44.79mg (14.93%), Sodium: 481.36mg (20.93%), Alcohol: 1.54g (100%), Alcohol %: 1.01% (100%), Protein: 7.83g (15.67%), Vitamin B12: 2.7µg (45.07%), Vitamin A: 1836.19IU (36.72%), Selenium: 14.25µg (20.35%), Vitamin K: 21.14µg (20.13%), Copper: 0.32mg (16.12%), Zinc: 1.92mg (12.79%), Phosphorus: 119.32mg (11.93%), Manganese: 0.19mg (9.33%), Vitamin C: 7.55mg (9.15%), Magnesium: 26.97mg (6.74%), Folate: 26.73µg (6.68%), Vitamin B6: 0.13mg (6.6%), Potassium: 189.43mg (5.41%), Fiber: 1.34g (5.36%), Calcium: 48mg (4.8%), Iron: 0.86mg (4.78%), Vitamin D: 0.61µg (4.1%), Vitamin B2: 0.07mg (3.86%), Vitamin B3: 0.65mg (3.23%), Vitamin B1: 0.04mg (2.87%), Vitamin E: 0.4mg (2.65%), Vitamin B5: 0.25mg

(2.5%)