

Northern *New*
England
**Home, Garden,
Flower Show**

Chef Gordon Breidenbach

Mountain View Grand Resort & Spa, Whitefield, NH
Sole Almondine with Green Grapes & Fresh Tarragon

Two 4-6oz filets of sole

½ cup flour

1 egg beaten with water

¼ cup water

½ cup wine

½ cup sliced almonds

1 sprig fresh tarragon

¼ lb. green grapes

1Tbsp. honey

1 Tbsp. olive oil

1 Tbsp. sweet unsalted butter

Dredge the sole in seasoned flour, then through the beaten egg. Pick up almonds on both sides of the filet by placing flat on the plate of sliced almonds. Sprinkle the filets with chopped tarragon.

To steam the grapes, place honey water and wine in the pan. Bring to a boil and drop in the grapes. Cook for 2 minutes covered; then let cool until grapes are soft. Can be done two days in advance.

Cook the filets in skillet with minimum oil coverage. Cook until golden brown and do not burn. (This is your display side.)

Flip on to the other side, Brown a short time and place in a warm oven to finish cooking.

Plate and sauce at the same time: Place the filet on a serving plate. Return the skillet to the burner and add ½ cup of the grape liquid to steam. To finish, mount the sauce with 1 T Butter. Stir into liquid, add grapes until hot, then pour over the filet almondine.

