



**DOVER SOLE WITH SEA URCHIN, PEA TIPS, GOLDEN BEETS, AND A CANDIED LEMON ESSENCE**

- Chef Mark Grosz, Oceanique, Evanston, IL

**INGREDIENTS:**

1 lemon	1 teaspoon shallot, minced
1 cup sugar	4 ounces unsalted butter at room temperature
2 cups water	1 tablespoon Candied Lemon (see recipe)
12 baby golden beets	2 cups pea tips (pea shoots)
4 tablespoons extra virgin olive oil	1 clove garlic, minced
Sea salt and freshly ground black pepper	16 ounces Dover Sole fillets
1 teaspoon 6-8 year old balsamic vinegar	2 live medium size sea urchins, roe removed
1 bulb fennel, peeled and cut into ¼" slices	(Alternatively sea urchin roe, uni, is available at many Asian markets.)
2 tablespoons grapeseed oil	
4 ounces Sauvignon Blanc	

**CANDIED LEMON:**

Remove the seeds from one lemon and dice the lemon very fine. Boil the lemon with the sugar and water for 20 minutes, or until tender. Strain Lemon and put aside.

**PREPARATION:**

Rub the beets with one tablespoon olive oil and roast at 350°F for about 20-25 minutes or until a knife easily slides through the beets. Peel, slice in half, and season with salt, pepper, and one tablespoon olive oil and one teaspoon balsamic vinegar. Keep warm.

Blanch the fennel in boiling water for 3 minutes and then dry. Sauté the fennel in grapeseed oil until lightly browned on both sides. Season with salt, pepper, and one tablespoon olive oil.

Prepare the sauce by reducing the wine with the shallots until one ounce remains. On low heat, whisk in two ounces butter and the candied lemon. Season with salt and pepper. Keep warm.

Sauté the pea tips in two tablespoons olive oil with garlic, and season with salt and pepper. Keep warm. Season the Dover Sole with salt and pepper and sauté in 2 ounces butter until lightly browned, about 2-3 minutes per side.

**ASSEMBLY:**

Place half of the pea tips and half of the fennel on each plate. Save the remaining half to flow off the fish later. Put the Dover Sole on top of the pea tips and fennel. Scatter the beets around the plate. Fold in sea urchin roe in warm sauce (do not boil) and spoon over fish. Finish with the remaining pea tips and fennel.

Serves 4.

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