FILLETS OF SOLE WITH MONTASIO AND WALNUTS



Tipo di Montasio: Stagionato (più di 10 mesi)
Portata: Secondo
Tempo di preparazione: Un'ora
Difficoltà: Bassa

Ingredienti:

Ingredients for 6 persons

- 6 soles
- 50 g of butter
- 50 g of flour
- 1 egg yolk
- 100 g of flour
- 100 g of cream
- 20 waldnuts
- 300 g of semi-aged Montasio

Descrizione:

Fillet the soles, boil the soles' fishbone and put everything in another pot. Melt butter, and then add the flour and filtered sauce. Boil, remove from heat and blend the Montasio cut into small cubes, let it melt and add the egg yolk, cream and salt. Roll the fillets in flour and cook them in a non-stick pan with a little bit of butter. Serve with the sauce, embellish with some leaves of parsley in the middle and diced tomatoes with the soles all around

adding walnuts and Montasio in cubes.