

Turbot aux Beurre Blanc (Grilled Turbot With White Wine and Butter Sauce)

Turbot, a flatfish found in the North Atlantic, is grilled and generously sauced with a classic accompaniment of beurre blanc at Allard. We've simplified the dish to accommodate filets of sole, fluke, or flounder.

Original recipe makes 2 servings.

Ingredients

- 10 tbsp. unsalted butter, cubed and chilled
- 1 large shallot, minced
- 1/2 cup white wine
- 1 bay leaf
- 1 sprig thyme
- 1/3 cup plus 2 tbsp. heavy cream
- Kosher salt and freshly ground black pepper, to taste
- 2 7-10-oz. boneless, skinless filets of turbot, sole, fluke, or flounder
- 1/4 cup flour minced flat-leaf parsley, to garnish
- Lemon wedges, for serving

Directions

1. Heat 2 tbsp. butter in a 10" skillet over medium heat until lightly browned. Add shallots and cook, stirring occasionally, until soft, about 5 minutes. Add wine, bay leaf, and thyme; cook until wine has almost evaporated, about 10 minutes. Add cream; cook, stirring occasionally, until reduced by half, about 4 minutes. Discard bay leaf and thyme; remove pan from heat. Add 5 tbsp. butter in small batches, whisking until each batch melts and sauce is smooth before adding the next. (For a smoother sauce, set a fine strainer over a small skillet and strain beurre blanc, if you like.) Season sauce with salt and pepper, cover, and keep warm.
2. Melt remaining butter in a 12" skillet over medium-high heat until foamy. Season filets with salt and pepper. put flour on a plate; dredge filets in flour, shaking off excess, and transfer to skillet; cook, basting with butter and turning once, until filets are browned and cooked through, about 5 minutes. Using a metal spatula, transfer fish to 2 warm serving plates and spoon over reserved beurre blanc. Garnish with parsley; serve with lemon wedges.

Pairing note: With a harmony of citrus and stone fruits, the Sancerre Domaine Balland 2009 (\$20) is an elegant match for this fish.

