

Grilled Plaice with Brugge Dentelle Caractère sauce



Ingredienten:

- 150 g Bruges Dentelle
- 4 pieces of plaice
- Salt and pepper
- 50 g unsalted Brugge Butter

For the roux

- 40 g flour
- 40 g unsalted Brugge Butter
- 1/2l full milk
- Salt & pepper

Preparation:

- Preheat the oven to 180 °C.
- Make the roux with flour, butter and milk
- Cut the Brugge Dentelle Caractère in pieces and add to the roux. Add salt, pepper and nutmeg and stir till the sauce is smooth. Depending on your taste, you can add a little bit of lemon juice.
- Cut the green beans into long narrow pieces and cook up to al dente in lightly salted water.
- Cut the plaice into fillets and place in an oven dish with butter under the grill in a preheated oven. Season with salt, pepper and thyme. Keep an eye on the plaice as they cook quickly in the oven.
- Serve the plaice together with the green beans, the rich sauce and a slice of lemon.

4 personen
30 min
Starter
1.5