

## **Sole with scallops and baked Vegetable gratin**

To serve four

Eight small sole fillets (500– 600g)

Eight scallops (350-400g)

10mls olive oil

10g butter

1 onion (200g)

2 medium sized potatoes (400g)

3 courgettes (180g)

4 button mushrooms (160g)

3 fleshy tomatoes (450-500g)

A little olive oil

Salt and pepper to season

Slice the onion and fry gently in a pan with a little olive oil until lightly browned, place these in a ceramic gratin dish, slice the potatoes, courgettes, tomatoes and mushrooms into thin slices and lay the potatoes in overlapping layers on top of the onions, then the mushrooms, courgettes and tomatoes on top, seasoning with a pinch of salt and pepper on each layer as you go. Try and finish by arranging the courgettes and tomatoes in attractive rows.

Bake at 160° until well cooked, around 30 minutes.

If the sole fillets are quite large cut them on an angle to make two fillets, wrap each of these around a scallop in a way that the scallop in the middle will be the same level as the sole. You can secure this with a toothpick but if you prepare them ahead this will not be necessary,

Season a little and fry in a hot pan in the butter and oil on both sides, about a minute on each side

Both these preparations can be prepared ahead of time. When ready to serve simply place the seared fillets of sole on top of the vegetable gratin and place in oven set at 160 for 10 minutes, check that the sole is cooked and serve the whole dish to the middle of the table along with a salad and bread.