



## Ingredients

### Serves 4

- 3 red peppers
- 1 tablespoon olive oil, plus extra for oiling the fish
- 2 garlic cloves, finely chopped
- 1 small dried chilli, crushed
- 1 tablespoon fresh thyme leaves, chopped
- 30 stoned black olives, roughly chopped
- 75ml extra virgin olive oil
- juice of 1 lemon
- 1 tablespoon red wine vinegar
- sea salt and freshly ground black pepper
- 4–6 Dover sole, weighing about 350–450g each, cleaned

# Tom and Bart's *Grilled dover sole*

The secret of this dish is to preheat the grill, barbecue or griddle pan so that it is very hot. The warm dressing contains all the balanced elements of taste. Together they form a brilliant picture for the eye and a taste sensation for the palate.

Grill the peppers until the skin is blackened, about 12–15 mins. Place in a bowl, cover with clingfilm and set aside until cool.

To prepare the dressing, heat the olive oil in a saucepan over a medium heat, add the garlic and fry for 2 mins, then turn down the heat. Add the chilli, thyme and olives and stir. Remove from the heat, add the extra virgin olive oil and set aside.

Peel the skin off the cooled peppers and remove the seeds. Cut the peppers into 1cm dice. Add to the olive mixture, along with the lemon juice and vinegar. Season well with salt and lots of black pepper. Taste – it should be sweet, salty, sour and hot.

Preheat the grill so that it is extremely hot. Make sure the bars are really clean. Preheat the oven to 200°C/400°F/gas mark 6 and oil a roasting tray.

Pat the fish completely dry with kitchen paper. Rub some oil all over and season well. Always cook fish presentation-side down first – in this case, the brown side. Grill for 4 mins. Do not move or poke the sole. When you have grilled all the fish on one side, place in the roasting tray presentation side down and cook in the oven for a further 5 mins.

Serve the whole fish with the pepper dressing spooned over, and with braised spinach, potatoes, and a salad of mixed leaves or rocket.

*This is an edited version of the recipe, read Fish Tales for the full recipe.*



## Fish Tales

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