



SOLE

HERB BUTTER

Ingredients:

6 leghorn tongues
3 sprigs of thyme
15 sprigs of rosemary
2 lemons
150 g butter
1 clove of garlic
EldurApi fish herbs
butter or oil to grease your
baking tray

Supplies:

Pro set
half teppanyaki plate
sharp knife
refractory dish
tweezers / BBQ tongs

Kamado set up:

Indirect heat

Light a medium amount of charcoal and heat your Kamado to 180 °C. When the Kamado is at temperature, place the pro set in the Kamado. Place the half grid and half teppanyaki plate on the highest level and the heat shield on the middle level under the grid.

Clean and marinate the silt tongues with the fish seasoning and let rest for a while.

Unzip the leaves from two sprigs of rosemary, do the same with the three sprigs of thyme. Finely chop these leaves.

Next, put the butter with the chopped herbs, a finely chopped or pressed clove of garlic and the juice of half a lemon in a heat-proof dish. You don't need to mix this because you are going to let it melt.

When the Kamado is up to temperature, put a knob of butter or a little oil on the teppanyaki plate. Immediately afterwards, place the silt tongues on the plate. Let them fry briefly on both sides

for 2 minutes or so.

Place the container with the herb butter also on the Kamado and let it melt, once it is melted you can mix it well and take it off the Kamado.

Meanwhile, make 6 beds on the grid, each bed with 2 slices of lemon and 2 sprigs of rosemary. When the tongues are briefly cooked on the teppanyaki plate, place the tongues on the bed. Grill the sole briefly on both sides.

When the sole are cooked, place on a plate, add the herb butter or keep aside. Drizzle with lemon juice from half a lemon.

Ps. For an extra intense flavour, add Maple smoking wood to the Kamado.

