

INGREDIENTS:

Four medium-sized plaice fillets

25g butter

Flour

Freshly-ground black pepper & sea salt

2 glasses fruity white wine, such as a Sauvignon

2 generous tablespoons crème fraiche

1 heaped tablespoon freshly-chopped chives

Squeeze of lemon juice

TIME: 25 mins**SERVING:** 4 people

Lightly dust the fillets with flour, shaking off any excess. Heat the butter in a large frying pan and when it starts to sizzle add the fillets and cook for two minutes each side. Remove to a serving platter and keep warm. Add the wine to the pan and reduce by two-thirds over a medium heat, then stir in the crème fraiche and chives, a generous pinch of salt and about 10 grindings of black pepper. Heat gently to reduce and thicken and once it attains the consistency of double cream add a squeeze of lemon juice, pour over the fillets and serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: