



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Plaice rolls

Suggestions: a fish dish very quick to prepare that can be good in any season when one wants to cook fish without spending too much time and get a tasty and satisfying result.

Instructions

plaice



sea salt



black



pepper

thyme



Wash the plaice fillets and dry them, sprinkle salt and pepper on them, put some sliced garlic, fine slices of lemon and some fresh thyme on them. Roll the fillets and tie them with some sewing thread so that they will stay rolled.



Put in a pan some extra virgin olive oil with some chopped fresh chillies and heat it; place the plaice rolls in it, add some slices of lemon, some coconut cream flakes and salt and pepper on the rolls. Let them cook for a while, then turn them so that both sides will cook evenly and sprinkle both sides with salt and pepper.



Add some coconut milk in the pan and let the rolls cook until the sauce is reduced. When they are ready, dish them out on the plates and pour on them the sauce left in the pan.



If you like this recipe, I would like to read your comments!
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