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# Fish Filets in White Wine Sauce

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

Servings: 6

**2 1/2 pounds skinless sole filets, cut into serving pieces**

**salt**

**pepper**

**2 tablespoons finely minced shallots or green onions**

**1 1/2 tablespoons butter**

**1 1/2 cups wine (or part wine and water)**

**buttered brown paper or waxed paper**

**SAUCE**

**1 cup poaching liquid**

**2 1/2 tablespoons flour**

**3 tablespoons butter**

**3/4 to one cup 15% or 35% cream**

**salt**

**pepper**

**lemon juice**

**1/4 cup grated Swiss cheese**

**1 tablespoon butter**

Preheat the oven to 350 degrees.

Sprinkle half of the shallots on the bottom of a greased 10x12 fireproof baking dish. Season the filets lightly with salt and pepper and slightly overlap in the dish. Sprinkle with the remaining shallots and dot with butter. Pour in liquid so that the fish is barely covered. Bring almost to a simmer on the top of the stove. Lay buttered paper on top, then place in the lower one-third of the oven.

Maintain the liquid at a simmer for 8 to 12 minutes depending on the thickness of the filets. The fish is done when a fork pierces the flesh easily. Drain the fish, reserving the poaching liquid. Set aside, covered with its paper to reheat gently later. Boil down the poaching liquid rapidly to one cup.

Make the sauce: Make a paste of the flour and butter. Beat into the hot poaching liquid, then 1/2 cup of cream. Bring to a boil. Thin out with additional cream and season with salt, pepper and drops of lemon juice. Spoon the sauce over the fish. Sprinkle the top with the grated Swiss cheese and dot with one tablespoon of butter.

At serving time, preheat the broiler. Bring the fish just to a simmer on top of the stove and then place the dish six to seven inches from the broiler to brown the top of the sauce.

(This fish dish, like many others, should be served with plain boiled potatoes and a bland vegetable. Too many seasonings will spoil the delicate flavour of the fish.)

## **Seafood**

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*Per Serving (excluding unknown items): 105 Calories; 11g Fat (89.0% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 28mg Cholesterol; 107mg Sodium. Exchanges: 0 Grain(Starch); 2 Fat.*