
Filets of Sole Duglere

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

6 (2-1/2 pounds total) filets of sole

3 tablespoons lemon juice

3 tablespoons butter or margarine

4 medium mushrooms, sliced

1 teaspoon salt

1/8 teaspoon pepper

1 cup dry white wine

SAUCE

4 medium tomatoes

1/4 cup butter or margarine

1/4 cup all-purpose flour

1/2 teaspoon salt

1/8 teaspoon cayenne pepper

1 1/2 cups fish stock

3/4 cup grated Parmesan cheese

3 tablespoons dry bread crumbs

2 tablespoons butter or margarine

Preheat the oven to 350 degrees.

Lightly grease a 13x9x2-inch baking dish.

Rinse the filets under cold water and pat dry. Brush with two tablespoons of lemon juice, fold crosswise and place in the dish.

Melt three tablespoons of butter in a small saucepan and add the mushrooms, lemon juice, salt, pepper, wine and 1/4 cup of water. Bring to a boil and pour over the fish. Cover with a doubled thickness of waxed paper.

Bake for 15 to 20 minutes or just until the fish flakes easily. Do not overcook.

Carefully remove the fish from the baking pan and set in a shallow broiler-proof pan. Top with the mushrooms. Cover and keep warm. Strain the fish stock into a two-cup measuring cup. Reserve 1-1/2 cups of the stock for the sauce.

Make the sauce: In a saucepan, scald the tomatoes and peel. Cut into quarters and scrape out the pulp and puree', producing 3/4 cup of puree'. Dice the outer part of the tomatoes..

In a saucepan, melt 1/4 cup of butter. Remove from the heat and stir in the flour, salt and cayenne. Stir in the fish stock and tomato puree'. Cook over medium heat, stirring until the mixture thickens and comes to a boil. Stir in 1/2 cup of the Parmesan cheese. Return to a boil, stirring constantly. Reduce the heat and simmer for 5 minutes.

Add the diced tomatoes. Pour off the liquid from the fish and mushrooms. Spoon the sauce over all. Toss the bread crumbs with butter and sprinkle over the fish and then top with the remaining Parmesan cheese.

Place under the broiler for 3 to 5 minutes or until the top is golden brown.

Yield: 6 generous servings

Seafood

Per Serving (excluding unknown items): 1829 Calories; 133g Fat (72.1% calories from fat); 39g Protein; 77g Carbohydrate; 9g Dietary Fiber; 351mg Cholesterol; 5957mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 5 Vegetable; 1/2 Fruit; 22 1/2 Fat; 1/2 Other Carbohydrates.