
Undercover Sole

The Windsor Family Cookbook

Windsor Vineyards - Windsor, CA

1 1/2 pounds sole fillets
1 teaspoon salt
1 teaspoon dried dill
1 tablespoon Italian parsley, chopped
1/2 cup Fume' Blanc
1/3 cup milk
3 tablespoons butter
3 tablespoons flour
5 eggs, separated
3 tablespoons Parmesan cheese, grated

Place the fish fillets in a greased 7x11-inch baking dish. Sprinkle with salt, dill and parsley. Add the wine. Cover tightly with foil.

Bake in a 400 degree oven for 10 minutes. Drain off the stock, leaving the fish in the dish. Measure the stock and add enough milk to make one cup of liquid.

In a pan, heat the butter. Add the flour and stir while cooking to make a roux. Gradually stir in the liquid and cook until thickened. Remove from the heat and beat in the egg yolks.

Shortly before serving, beat the egg whites, then fold into the sauce. Sprinkle one tablespoon of Parmesan over the fish. Then spoon sauce over it. Sprinkle with the remaining cheese.

Bake, uncovered, in a 400 degree oven for 15 minutes.

Yield: 4 to 6 servings

Seafood

Per Serving (excluding unknown items): 1502 Calories; 75g Fat (46.1% calories from fat); 172g Protein; 25g Carbohydrate; 1g Dietary Fiber; 1503mg Cholesterol; 3708mg Sodium. Exchanges: 1 Grain(Starch); 23 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 9 1/2 Fat.