

Flounder Fillets in Shrimp Sauce

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Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 2

*2 six ounce flounder fillets
1 teaspoon lemon juice
1 tablespoon dry white wine
1 1/2 cups water
1/2 pound unpeeled small shrimp
2 tablespoons butter
2 tablespoons all-purpose flour
3/4 cup milk
2 tablespoons dry white wine
1 1/2 teaspoons chopped fresh parsley
1/2 teaspoon salt
1/4 teaspoon dried whole tarragon
1/4 teaspoon Worcestershire sauce
1 can (3 ounce) sliced mushrooms, drained*

Place the fillets in a shallow dish.

In a bowl, combine the lemon juice and one tablespoon of wine. Pour over the fillets. Cover and chill for at least one hour.

In a saucepan, bring water to a boil. Add the shrimp and return to a boil. Reduce the heat and simmer, uncovered, for 3 to 5 minutes or until the shrimp are pink. Drain well. Rinse with cold water. Peel and devein the shrimp. Set aside.

In a heavy saucepan over low heat, melt the butter. Add the flour, stirring until smooth. Cook for one minute, stirring constantly. Gradually add the milk. Cook over medium heat, stirring constantly until thickened and bubbly.

Stir in the two tablespoons of wine, parsley, salt, tarragon, Worcestershire and mushrooms. Add the shrimp. Stir well.

Drain the fillets and roll up. Place seam side down in a lightly greased baking dish. Pour the sauce over the top.

Bake, uncovered,, at 375 degrees for 25 minutes or until the fish flakes easily, basting occasionally with the sauce.

Per Serving (excluding unknown items): 360 Calories; 17g Fat (44.0% calories from fat); 35g Protein; 12g Carbohydrate; 1g Dietary Fiber; 122mg Cholesterol; 842mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.