

Filets Dugleré (oven dish).

6 filets whiting
 $\frac{1}{2}$ lb peeled toms (3) (small)
1 oz finely chopped white onions
pepper, salt,
 $\frac{1}{2}$ cup dry white wine
 $\frac{1}{2}$ cup fish stock (made with bones
head of fish, salt, water simmer 10 mins)
1 thick slice lemon
sprig parsley.

Beurre Manié (thickening for wine sauce)
1 level tablespoon plain flour
mixed in cup with 1oz soft butter.

Butter oven dish with $\frac{1}{2}$ oz butter chop toms &
place in dish, onions on top then fish, add
lemon, parsley, D & P, wine & strained stock

Bake 10 mins with no lid mod over (350°)
15 mins for schnapper.
Roll fish if with but not one on top another
Lift out filets with egg slicer, remove parsley
& lemon. Vitamize the sauce when
cooled (or could crack glass container)
and strain. Reboil & add Beurre
Manié & serve garnished chopped parsley.

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Add Beurre Manié little at time
stirring between, then boil slowly few
mins add 2 tablespoons cream & chopped
parsley. Reheat on plate 5 mins in oven
before serving.