

FILLET PROVENÇALE

Equipment:

Cutting Board

Knife

Measuring Spoons

Measuring Cup

Wooden Spoon or High Temp Rubber Spatula

11" x 7" (28 x 18 cm) dish,

Ingredients:

2 small onions, sliced 2

2 tbsp butter or margarine 25 ml

1 clove garlic, finely chopped

16 oz. can stewed tomatoes, 250 ml chopped

4 1/2 oz. can sliced mushrooms, 65 ml drained

1/4 cup white wine 50 ml

1/8 tsp basil 0.5 ml

6 flounder fillets (6)

1/4 lb (115 g) ea.

S&P to taste

Procedure:

1. In an 11" x 7" (28 x 18 cm) dish, combine onions, butter and garlic.
2. Cover
3. Cook at **P7** 3 - 3 1/2 minutes.
4. Stir in tomatoes, mushrooms, wine and basil.
5. Cover.
6. Cook at **P7** 3 minutes, and at **P4** 3 - 4 minutes, stir once.
7. Meanwhile, season fish with salt, skin side only.
8. Roll up (skin-side in) and arrange seam-side down in sauce, spoon sauce over fish.
9. Cover.
10. Cook at **P7** 5 - 7 minutes, or until fish is done.
11. Let stand, covered, 5 minutes before serving.

Chefs Tip:

Most flat fleshed fish can be used for this recipe. Add "herbs de Provence" for added authenticity.