

## Capers' Sole

### Ingredients

2 1/2 lbs. haddock fillets	5 tbsp. flour	2 cups milk
1 tsp. salt	5 tbsp. butter	1/2 cup finely chopped mushrooms
pinch pepper	1 tbsp. oil	1 tsp. chopped fresh dill
pinch cayenne	pinch white pepper	

### Instructions

*Preheat the oven to 350°F*

1. Place half the sole in a greased baking dish. Cover with half the sour cream, green onion, and all of the shrimp.
2. Repeat layers of sole, sour cream, and green onion. Pour orange juice over all and sprinkle with Parmesan cheese.
3. Bake at 350°F for 30 minutes.