

Haddock Fillets with Mushroom Sauce

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	
pinch cayenne	pinch white pepper	1 tsp. chopped fresh dill

Instructions

1. Pat fillets dry with a paper towel, season on both sides with 1/2 tsp. salt, pepper, and cayenne, and dust lightly with 1 tbsp. flour.
2. Place 1 tbsp. butter and oil in a heavy frying pan. Heat and brown fillets, one at a time, on both sides. Place on heated serving platter to keep warm.
3. Melt 4 tbsp. butter and oil in a heavy saucepan and stir in 4 tbsp. flour, white pepper, and remaining salt. Slowly stir in milk until sauce is creamy. Add mushrooms.
4. Pour mushroom sauce over fish and garnish with dill.