

Flounder Stuffed with Cheese and Spinach

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Ingredients:

1 lb. fillets of sole or flounder
(4-6 fillets)

Filling -

1 (10 oz.) pkg. frozen chopped
spinach, thawed and squeezed dry
1 lg. egg, lightly beaten
1 cup grated or shredded provolone
cheese
1 cup finely shredded Cheddar
cheese

1 cup fresh (not dry) white bread
crumbs

Bechamel Sauce -

1 T. (or more) finely minced onion
3 T. unsalted butter
1/4 cup flour
2 to 2 1/2 cups milk

To Prepare:

Begin by making Bechamel Sauce.
Cook onion in butter over moderate
heat, stirring until onion softens. (over)

Stir in flour and cook over low heat, stirring for about 3 min. Remove pan from heat and add the milk in a stream, whisking vigorously until the mixture is thick and smooth. Add salt and pepper to taste and simmer sauce for 10 to 15 min. or until it is thickened to desired consistency.

Next, put a slice or two of bread in a food processor for fresh bread crumbs.

Mix filling ingredients in lg. bowl, using only 1/4 cup bread crumbs (save the remainder for topping). Lay fish fillets out on table and put about 2 T. filling on half of each fillet. Next, fold the other half over on each fillet and pat down to make packets. Placed the filled fish in a buttered, flameproof baking dish. Spoon Bechamel Sauce over each fillet and sprinkle with remaining 3/4 cup bread crumbs. Bake in a preheated 375° oven for about 35 min., then put under the broiler until the top is golden.