

Cheesy Chicken Dolphin

Ingredients:

Fish:

Dolphin fillets for six
Salt to taste
Pepper to taste
Garlic to taste
Lemon to taste
Butter, approx. 1/2 tbs. per fillet

Sauce:

2-3 tbs. butter
3 tbs. flour
3-4 1/2" slices cubed Velveeta Cheese
1/2 cup milk
1/4 cup white wine
Fish broth drained from fillets

Directions:

Prepare fillets for baking with salt, pepper, garlic, and lemon to suit your taste. Place fillets in a rectangular baking dish that has been sprayed with PAM. Bake at 400 degrees until nearly done (center of fish will be clear looking). Remove from oven and drain broth (save to be used to thin and flavor the sauce). While fish is baking, place butter and flour in a sauce pan over medium heat and stir to make paste; add cheese and milk and continue cooking until cheese has melted and sauce becomes smooth and slightly thick; add wine and then enough broth from the fish to make sauce creamy, but not thin. Pour sauce over fish and return to oven. Continue cooking until cheese is bubbly and fish is done. Do not let sauce brown too much or burn. Serves 6.

SPECIAL COMMENTS: Experiment with different cheeses; Swiss, Monterey Jack, Sharp Cheddar, etc. Paprika may be added on top for color.

Fish & Cheese Lovers - Enjoy!!

Nancy Michael
"Liquid Asset III"