

Fillets of Dolphin with Mushrooms

Ingredients:

1/2 cup butter
2 or 3 thin slices onion
2 cups sliced mushrooms
3 green pepper rings
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2 lbs. dolphin fillets
Salt
White pepper
1 tbs. lemon juice
2 cups dry white wine
1 cup water
1/4 cup flour
1/2 cup cream
Dash of cayenne pepper
Few chives, chopped
1 hard boiled egg
4 or 5 sliced black olives

Directions:

Butter a large baking pan lavishly with 1/4 cup of the butter. Spread the onion slices, mushrooms, and pepper rings over the bottom of the pan. Place the fish on the vegetables. Salt lightly and drizzle lemon juice, wine, and water over the fish. Closely cover with foil and poach in preheated 375 degree oven for 15 to 25 minutes or until fish flakes. Remove the fish carefully to a warm serving platter and keep it warm.

Melt the remaining butter in another saucepan and blend in the flour, stirring until it bubbles. Reduce the sauce from the baking pan by half, strain, and stir into the roux. Cook until thickened. Blend in the cream and cayenne and let it heat through. Salt and pepper to taste. Add the strained mushrooms and onion. Pour the sauce over the fillets, garnish with chopped fresh chives, sliced hard boiled egg and sliced black olives.