

Sole Thermidor

2 lbs Oregon sole fillets

3 tbsp butter

2 tbsp butter, melted

3 tbsp flour

1 tsp salt

1 cup grated Cheddar cheese

½ tsp seasoned salt

3 tbsp sherry

1/8 tsp pepper

Paprika

1¼-cup milk

Thaw fillets if frozen. Rinse fillet with cold water; pat dry with paper towels. Brush one side of each fillet with melted butter. Sprinkle with salt, seasoned salt and pepper. Spray 9x9 inch glass-baking dish with non-stick vegetable spray. Roll up each fillet and place seam side down in baking dish. Pour ½ cup of milk over fillets. Cover and bake at 350° F, for 25 minutes, or until fillets flake easily when tested with a fork.

Meanwhile in medium saucepan, over medium heat, melt remaining 3 tablespoons of butter. Stir in flour; gradually add remaining milk. Continue cooking, stirring constantly, until thickened. Reduce heat; stir in cheese and sherry. Spoon off liquid from cooked fillets, reserving ¼ cup. Add reserved liquid to cheese sauce; blend well. Pour cheese sauce over fillets; sprinkle with paprika. Broil for 1-2 minutes, or until cheese sauce is slightly golden. Makes 6-8 servings.