

Microwave Cooking

TURBAN OF SOLE

This dish is actually 4 individual servings of fish and stuffing cooked in custard cups. They are cooked right side up but inverted for serving. Great for entertaining!

- 2 tbsp butter or margarine
- 1/2 cup (1 stalk) finely chopped celery
- 1/4 cup finely chopped onion or 1 tbsp instant minced onion
- 1-1/2 teaspoons parsley flakes or 3 tbsp minced parsley
- 1/4 tsp chervil, if desired
- 1 tsp lemon juice
- Dash white or black pepper
- Dash thyme
- 1-1/2 cups (1 1/4 slices) soft bread cubes
- 1 lb. fresh or frozen sole fillets, thawed

Sauce

- Half of 10-1/2 oz. can condense cream of mushroom soup.
- 1 tbsp chopped pimiento or ripe olives
- 1 tbsp milk or cream

In 1 quart bowl or casserole, combine butter, celery, onion, seasonings and lemon juice. Cook, covered, 3 minutes, stirring once. Mix bread cubes with mixture. Butter four 6-oz. custard cups. Line sides and bottoms with thin pieces of fish, reserving small scraps for top. (You may have to cut thick pieces in half.) Evenly divide stuffing between the 4 custard cups (about 1/2 cup each).

Top with any leftover pieces of fish. Place custard cups on a dinner plate. Cook, covered with a dinner plate, 4 minutes or until fish flakes easily. When done, with both hands, invert dinner plates with custard cups between them. Let stand covered while making sauce.

Combine all ingredients for sauce. Cook, uncovered, 1-1/2 minutes, or until mixture bubbles. Remove top plate and custard cups. Spoon sauce over turbans and serve. 4 servings

TIPS: The stuffing can also be used to stuff four 8 to 10 oz. whole fish.

* You can use pre-seasoned bread cubes and eliminate seasonings in recipe