

Cheesey Fish

Written by Administrator
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Ingredients & Quantities

- 4 portions of Fish
- 30g of Flour - for fish
- 30g of Reconstituted Dried Milk
- 300ml of Water
- 20g of Flour - for sauce
- 20g of Margarine
- 40g of Grated Cheese
- Pinch of Cinnamon
- Pinch of Ground Ginger
- Salt & Pepper to season

Method

1. Dip portions of fish in to the flour.
2. Place in a greased baking tray.
3. Make a white sauce using the Roux method - melt the margarine, add the flour and cook to a honeycomb and do not allow to brown. Add the dried milk and water and bring to the boil. Then simmer for 5 minutes.
4. Remove sauce from heat and add grated cheese and seasoning.
5. Pour the sauce over the fish and bake at 450F/220C for approximately 20 minutes.