

# Milk-Poached Flounder with Mornay Sauce

## ANOTHER FRESH SEAFOOD IDEA

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If you've never tried poaching fish in milk, you're in for a real treat. The subtle flavors are delightful.

- 4 small flounder fillets
- 3 cups milk
- 1 1/2 cups water
- 1 large onion, sliced
- 1 carrot, chopped
- 1 bay leaf
- 1/2 teaspoon whole black peppercorns

Prepare Mornay Sauce and set aside.

Place ingredients for poaching in fish poacher or large, shallow pan. Bring to boil, partially cover, then simmer for 10 minutes.

Place fish in liquid, submerging it completely. Poach until fish flakes easily when tested with a fork, about 10 minutes. Serves 4.

### ***Mornay Sauce***

- 1 tablespoon margarine or butter
- 1 tablespoon flour
- 1/2 cup fish or chicken broth
- 1/8 teaspoon freshly ground white pepper
- 1/2 cup heavy cream
- 1 egg, beaten
- 1/2 cup freshly grated Swiss cheese
- 1/16 teaspoon cayenne pepper
- 1/8 teaspoon salt

Melt margarine in medium saucepan over medium heat. Blend in flour, stirring with a whisk. Add broth gradually, stirring constantly. Cook, stirring constantly, until thickened. Add white pepper.

Blend cream and egg together. Gradually add to thickened sauce. Cook over low heat, stirring constantly, until thickened. Do not allow to boil.

Add cheese to sauce. Cook over low heat until cheese is melted. Add cayenne pepper and salt. Serve over poached fish.

From: *Mariner's Menu: 30 Years of Fresh Seafood Ideas*

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