

TASTING, SAMPLING AND SHARING

with friends

FISH AND SOURED CREAM BAKE



Ingredients (serves 4)

1 oz seasoned flour
1 lb white fish fillets
5 fl oz fresh soured cream
5 oz mayonnaise
2 spring onions (finely chopped)
1 dessertspoon fresh dill (chopped)
1 tspn lemon juice
2 oz grated cheese

Method

Set oven to 180c

Coat the fish with flour and place in a greased ovenproof serving dish.

In a bowl, mix together the soured cream, mayonnaise, onions, dill and lemon juice. Spoon the mixture over the fish and sprinkle with cheese.

Bake in the oven for 30-35mins, until fish flakes on fork, serve immediately.

(I seldom have fresh dill and use dried)

Tip of the day:- If you are shopping and see fresh dill, buy it and put into the freezer when you get home. When you need it take from freezer and chop while still frozen (it goes limp quick) and use as needed. This applies to any fresh seasonal herb, they don't take up freezer space and you always have the herbs you want. Tarragon, flat parsley even basil etc.

Lindsay Rushton 12th July 2011