

Fruits of the Sea – California Fresh Fish

Submitted by Peggy Thompson

Yield: Serves 8

Ingredients:

- 1 c dry white wine
- ½ c water
- ½ c clam broth
- 1 yellow onion, sliced thinly
- 1 lemon slice
- 1 lb flounder filets or Dover sole
- 8 large scallops
- 16 medium sized shrimp
- 1 can chopped clams
- ¼ lb mushrooms, finely chopped
- 2 T butter
- 1 t lemon juice
- 1 can artichoke quarters, drained and dried
- 1-2 jars Béarnaise sauce (Nob Hill)
- salt and pepper



Directions:

1. Place wine, water, clam broth onion and lemon slices in large skillet. Heat to simmer. Add fish filets, scallops and shrimp. Poach at simmer for 8 minutes. Remove fish to oven-proof bowl.
2. Strain liquid; reduce to 1 1/4 cups.
3. Sauté mushrooms in butter; stir in artichoke hearts. Add to fish. Keep warm in low oven while prepping sauce. Slowly add Béarnaise sauce to reduced liquid, stirring constantly over very low heat. Not too thick. Add s & p to taste.
4. Add sauce to fish, etc. Divide evenly among 8 plates or bowls over large crouton.. Serve immediately.