

Smoked Alaskan Sablefish with Herbed White Sauce

a recipe from *J & R Fisheries*

Cut **Cold-Smoked Sablefish** into portions, 5 to 8 ounces each. Bake in pre-heated oven at 450 degrees for 12-15 minutes or until meat separates easily. Serve with Herbed White Sauce and accompany with potatoes or rice and a selection of your favorite vegetables.

Herbed White Sauce

2 tablespoons butter or margarine

1/4 cup finely chopped onion

1 teaspoon minced garlic

1/2 teaspoon dill weed

hard-boiled egg, chopped (optional)

3 tablespoons flour

1/2 teaspoon salt or seasoned salt

dash black pepper or lemon pepper

1 1/2 cups milk

In a small saucepan, melt butter and sauté onion and garlic. Stir in flour, salt, pepper and dill. Stir in milk. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Add chopped egg. Spoon sauce over baked fish or serve separately. *(Recipe makes 1 1/2 cups sauce.)*