
Fish in Cream Sauce

Ingredients

- 2 Tbsp olive or cooking oil.
- 1 ½ lbs fish fillets
- salt & pepper to taste
- 1/4 cup fresh herbs*, coarsely chopped
- 2 cups white wine
- 2 cups Mexican or whipping cream
- 3/4 cup shredded cheese**

Directions

Butter a glass oven-safe pan and set aside.

Heat olive oil in a saute pan over medium heat. Add fish, salt & pepper, fresh herbs and white wine. Turn heat to low and simmer until the fish is cooked, turning from time to time, around 10 minutes.

Turn on broiler. Remove fish from the pan and transfer it to the prepared pan. Pour cream over the fish. Sprinkle cheese. Broil until cheese turns golden.

* I used thyme, rosemary, basil and Italian parsley. Use any aromatic fresh herbs of your choosing.

** I used powdered cotija cheese, but Parmesan or Romano should work better.

<http://www.marga.org/food/int/hidalgo/pescado.html>