Steamed Spinach Stuffed Fish Rolls

NIBBLEDISH CONTRIBUTOR

Ingredients

Rolls:

4 White Fish fillets (I used Panga fish, but cod would be perfect)

16oz cooked, drained, chopped spinach, (can use frozen)

1 small onion, finely chopped

1 clove of garlic, finely minced

1 Tbs butter

1 Tbs vegetable oil

1 tbs finely chopped red chili (de-seeded and de-veined)

Lettuce, Spinach or Cabbage leaves (optional)

salt to taste

Pepper to taste

Plastic Wrap

Sauce:

3 Tbs butter

1 Tbs flour

1/2 cup of White wine

1 Tbs finely chopped parsley

3 Tbs chopped cooked spinach

1/2 cup single cream

1/2 tsp celery salt

Salt

White Pepper

Instructions

To make the rolls:

Chop and cook spinach with a tiny bit of water (if you are using frozen, let thaw and drain well before cooking). After spinach is cooked, drain again to get out as much water as possible.

Saute' onions in oil and butter until translucent, but do not brown. Add garlic and saute for 2 minutes more (or until that raw smell goes away). Add chili and saute for one minute more.

Add drained spinach and mix well. Saute until the mixture is fairly dry.

Liberally salt and pepper fillets on the flattest side.
Spoon 2 heaping Tbs of the spinach mixture on the widest end of the fillet. Begin to gently roll fish around the spinach mixture, patting the sides to catch any escape spinach. Tear a liberal sized piece of plastic wrap. If you decide to use the spinach, cabbage or lettuce leaves, (I used lettuce, cause that's what I had), place it on the plastic wrap and gently place the fish on the wrap. Wrap the plastic tight around the fish making sure all the ends are closed. Steam for 20 minutes.

To make the sauce:

Melt butter until bubbling, whisk in flour. Add white wine and cook until thick and alcohol has evaporated.
Add parsley, spinach and celery salt. Mix well. Add cream and whisk well. Add salt and white pepper to taste.

Cut the rolls into four pieces and spoon sauce over...

Ta Da!