



FLOUNDER & FRESH ASPARAGUS ROLL-UPS

2 pounds fresh asparagus
1/2 cup water
4 Fresh, Wild Flounder fillets about 1 ½ pounds
2 tablespoons butter or margarine
1/4 cup chopped onion
2 tablespoons flour
1 ¾ cups milk
1/4 cup dry white wine
2 tablespoons chopped fresh parsley
2 teaspoons freshly squeezed lemon juice
1/2 teaspoon salt
1/4 teaspoon dried dill weed
Dash pepper

Wash asparagus; break off each stalk as far down as it snaps easily. In large skillet, bring water to a boil. Add asparagus; reduce heat and simmer, covered, just until tender, about 5 minutes. Drain.

Divide asparagus into 4 equal portions; wrap each portion of asparagus with one fish fillet. Secure with wooden picks. Place fish bundles in 8 x 12-inch glass baking dish.

Melt butter in skillet or sauce pan. Add onion; saute until tender, about 3 minutes. Blend in flour. Remove from heat and gradually stir in milk. Return to heat and cook, stirring constantly, until mixture boils and thickens, about 3 to 5 minutes. Remove from heat; stir in remaining ingredients. Spoon sauce over fish.

Cover dish with foil. Bake in 350°F. oven 30 minutes, or until fish flakes easily with fork.

Makes 4 servings