

Sundowner Fish Recipes



Baked Fish and Potatoes with Basil

Serves 4 to 6

TYPES of FISH:

Blackfish

Codfish

Porgy

Ingredients

1 ½ lb. Potatoes, pared/ thinly sliced, 5 cups

2 lb. firm fleshed fish fillets such as Blackfish

1 tbsp. Lemon juice

4 tbsp. fresh basil, chopped

1 teaspoon salt

¼ teaspoon pepper

¾ cup grated Parmesan cheese

4 tbsp. Olive oil

2 ripe Tomatoes, sliced

1 tbsp. chopped fresh Parsley for garnish

Method

Preheat oven to 400°. Parboil potatoes in boiling salted water until almost tender, about 5 minutes. Drain well and set aside. Moisten fish with lemon juice and rub 1 tbsp. basil, ¼ teaspoon salt and pepper onto both sides of fish. Place the potatoes in shallow baking dish. Sprinkle with 1 tbsp. basil, ¼ teaspoon, salt, ¼ cup Parmesan cheese and 1 tbsp. olive oil. Cover with fish, sprinkle on salt, ¼ cup Parmesan cheese and 1 tbsp. olive oil. Cover with aluminum foil and bake in oven at 400° for 15 minutes. Uncover, top with tomato slices, remaining basil, Parmesan cheese and olive oil. Return to oven and bake until fish flakes easily. Sprinkle with parsley.