

Sundowner Fish Recipes



Bluefish Epicure

Serves 4

TYPES of FISH:

Bluefish (Bled, Skinned and Dark Red Meat Removed)

Ingredients

8 tbsp. Butter

¾ lb fresh mushrooms

1 medium Onion, chopped

½ cup Tomato purée

½ cup Dry Vermouth

1 large clove Garlic, minced

1 cup Boiled Ham, chopped

1 tsp. Tarragon, crushed

Salt and Pepper to taste

4 medium Bluefish fillets, about 1 ¾ lbs.

1 cup Bread Crumbs

2 tbsp. fresh Parsley, minced

Butter

Method

Preheat oven to 400°. Heat 5 tbsp. butter in a saucepan. Add mushroom and onion. Sauté gently for 5 minutes until onions are soft. Add tomato purée, vermouth, garlic, ham, tarragon, salt and pepper; mix well and cook over low heat for 10 minutes or until sauce is quite thick. Place fillets in buttered baking dish, cover with sauce. Mix bread crumbs and parsley, sprinkle on top. Dot with a few pieces of butter and bake in oven for 15 minutes at 400°. Just before serving, brown for a minute under broiler.