

Sundowner Fish Recipes



Broiled Fish with Lime Mustard

TYPES of FISH:

Blackfish
Codfish
Striped bass
Porgy
Monkfish

Ingredients

1 ½ pound Striped bass, (2 fillets with skin on (scaled) or off
½ cup Mustard, Dijon or coarse-grained
1 Lime, juice and grated zest
1 tbsp. Olive or peanut oil
1 Tomato, fresh ripe, medium to large and coarsely chopped
Salt, to taste
Black pepper, freshly ground, to taste
Lime wedges

Method

Mix together the mustard, lime juice and zest, salt and pepper. Preheat the broiler pan with the oil, and lay the fish on it. Brush it with the mustard-lime mixture. Broil about 6 inches from the heat source for 6 to 10 minutes, depending on the thickness of the fish, or until the fish just flakes when tested with a fork. Sprinkle with the tomato and return to the broiler for 1 minute. Serve immediately, with lime wedges.

Serves 4

Preparation time, including marinating, 20 minutes.