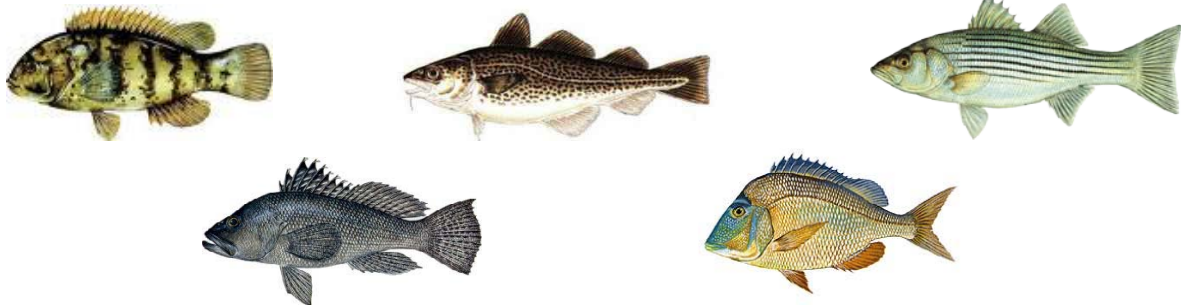


Sundowner Fish Recipes



Peasant Style Blackfish

Serves 4 to 6

TYPES of FISH:

Blackfish
Sea Bass
Porgy
Codfish
Striped Bass

Serves 4 to 6

Ingredients

2 pounds fish fillets
1/4 tsp. Paprika
2 tbsp. Butter, melted
1 tsp. Fennel Seed

1 tsp. Parsley flakes
1/4 tsp. Thyme, dried
1 tbsp. Lemon juice
1/2 cup White wine, dry

Method

Cut fish fillets into serving size pieces and arrange in a shallow baking dish. Sprinkle fillets with paprika. Combine butter, fennel, parsley, thyme, lemon juice and wine and pour over the fish fillets. Bake in an oven preheated to 375°F for 10 to 15 minutes or until fish flakes easily.