

Sundowner Fish Recipes



Spicy Fish

Serves 4

TYPES of FISH:

Blackfish
Fluke
Codfish
Striped bass
Porgy
Monkfish

Ingredients

2 lbs Fish fillets, skin off
2 tbsp. Olive oil
2 tbsp. Soy sauce
2 tbsp. Worcestershire sauce
1 tsp. Paprika
1/2 tsp Chili powder
1/2 tsp. Garlic powder
1 dash Hot pepper sauce

Method

Cut the fillets in single portions and place in a well-greased baking pan. Combine olive oil, soy sauce, Worcestershire sauce, paprika, chili and garlic powder and hot pepper sauce. Pour the sauce over the fillets. Broil 4 inches from the heat source for 5 minutes. Turn the fillets, baste with sauce, and broil and additional 3 to 5 minutes or until fish flakes easily. Serve with lemon wedges.

Preparation time, 15-20 minutes