

The Fish Cookbook

184 Recipes

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Red Fish Soup

Ingredients

1 (28 ounce) can tomato puree
4 cups water
1 bunch green onions, sliced
2 tablespoons red pepper flakes,
or to taste
1 cup long grain white rice
1 pound catfish fillets, cut into 1
inch pieces
salt and pepper to taste

Directions

In a large pot, combine the tomato puree, water and green onions. Season with red pepper flakes. Set over medium heat and bring to a boil. Add rice and cook until tender, about 30 minutes. Add fish and simmer for 20 minutes. Season with salt and pepper.

Fish Taquitos

Ingredients

1 pound shark fillets
12 (6 inch) corn tortillas
1/4 cup canola oil
1/4 cup lemon juice
1 clove garlic, minced
1 teaspoon dried oregano
1 teaspoon Cajun seasoning
1 cup shredded Cheddar cheese
2 quarts vegetable oil for frying

Directions

Cut shark into strips 3/4 inch thick and 3 inches long. Mix canola oil, lemon juice, garlic, oregano, and Cajun style spice mix in a plastic container. Place shark strips in container, and marinate for 1 hour.

Warm tortillas in a microwave to make them pliable.

Drain marinade, and pat shark dry with paper towels. Place a strip of shark at one end of a tortilla, roll tightly, and secure with a toothpick.

Heat oil in a deep fryer. Submerge taquitos in hot oil. Fry until golden brown, no more than 3 or 4 minutes each. Drain on paper towels.

Place taquitos in a baking dish large enough to accommodate all twelve. Sprinkle with shredded cheese.

Bake at 350 degrees F (175 degrees C) for 5 minutes, or until cheese melts.

Nutty Coconut Fish

Ingredients

1/4 cup mayonnaise
1/4 cup prepared brown mustard
1/2 cup dry bread crumbs
1/4 cup shredded coconut
1/4 cup chopped mixed nuts
1 teaspoon granulated sugar
1 teaspoon salt
1/2 teaspoon cayenne pepper
1 pound whitefish fillets

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.

In a small bowl, blend mayonnaise and brown mustard. In a medium bowl, mix dry bread crumbs, shredded coconut, chopped mixed nuts, sugar, salt, and cayenne pepper.

Dip fish in the mayonnaise mixture, then in the bread crumb mixture. Arrange coated fish fillets in the prepared baking dish.

Bake 20 minutes in the preheated oven, until fish is easily flaked with a fork.

Fisherman's Quick Fish

Ingredients

4 (6 ounce) fillets cod
1 cup creamy Italian-style salad dressing
1/4 cup shredded sharp Cheddar cheese
1 cup crushed potato chips

Directions

Preheat oven to 500 degrees F (260 degrees C). Coat a 9x13 inch baking dish with non-stick cooking spray.

In a medium bowl, marinate the fish fillets in the salad dressing for a few minutes.

Toss the shredded cheese and crushed chips together. Place the marinated fish fillets in the prepared baking dish and top with the cheese/chip mixture. Discard the leftover marinade.

Bake, uncovered in the preheated oven for 8 to 10 minutes or until the fish can be flaked with a fork.

Fanny the Fish

Ingredients

1 (8 inch) square prepared yellow cake

Directions

Start with a cooled 9-inch square cake. From one corner, measure 5 inches along one side and 5 1/2 inches along the other. Cut on a curve through the points. Divide this in half, cutting on a curve to make two fins. From opposite corner, measure 6 inches along sides, and cut on a curve for tail.

Beer Batter for Fish

Ingredients

3 eggs
3/4 cup beer
1 1/2 cups milk
4 cups pastry flour
1 tablespoon baking powder
1/2 teaspoon baking soda
2 tablespoons cornstarch
salt to taste
ground black pepper to taste
1/8 teaspoon garlic powder
1 1/2 pounds cod fillets
2 quarts vegetable oil for frying

Directions

In a medium bowl, stir together flour, baking powder, baking soda, and cornstarch.

In a large bowl, beat together eggs and milk. Mix in beer. Stir in flour mixture. Season with salt, black pepper, and garlic powder.

In an electric deep fryer or a heavy saucepan, heat oil to 375 degrees F (190 degrees C).

Coat fish in batter, and submerge in hot oil. Fry until golden brown, about 4 to 5 minutes. Serve.

Mainely Fish

Ingredients

6 (3 ounce) fillets haddock
salt and pepper to taste
4 roma (plum) tomatoes, thinly sliced
1 red bell pepper, thinly sliced
1 yellow bell pepper, thinly sliced
1 small onion, thinly sliced
5 tablespoons capers
8 tablespoons chopped fresh parsley
6 tablespoons fresh lemon juice
6 tablespoons extra virgin olive oil

Directions

Preheat oven to 400 degrees F (200 degrees C).

Center each piece of fish on an individual piece of aluminum foil (large enough to enclose the fish when folded). Sprinkle each piece of fish with salt and pepper. Divide the sliced tomatoes, onion, red and yellow peppers between the 6 pieces of fish, and place on top of the filets. Sprinkle evenly with the capers and parsley. Then Drizzle each filet with 1 tablespoon of olive oil and 1 tablespoon of lemon juice.

Fold and seal the foil into a packet and place on a baking sheet. Leave 2 inches between each packet to provide heat circulation.

Bake in a preheated oven for 20 minutes.

Let rest for 5 minutes and unwrap. One packet per person.

Fish in Foil

Ingredients

- 2 rainbow trout fillets
- 1 tablespoon olive oil
- 2 teaspoons garlic salt
- 1 teaspoon ground black pepper
- 1 fresh jalapeno pepper, sliced
- 1 lemon, sliced

Directions

Preheat oven to 400 degrees F (200 degrees C). Rinse fish, and pat dry.

Rub fillets with olive oil, and season with garlic salt and black pepper. Place each fillet on a large sheet of aluminum foil. Top with jalapeno slices, and squeeze the juice from the ends of the lemons over the fish. Arrange lemon slices on top of fillets. Carefully seal all edges of the foil to form enclosed packets. Place packets on baking sheet.

Bake in preheated oven for 15 to 20 minutes, depending on the size of fish. Fish is done when it flakes easily with a fork.

Italian Fish Fillets

Ingredients

1 medium green or yellow bell pepper, julienned
1 small onion, julienned
1/2 cup fat free Italian salad dressing
1/2 teaspoon Italian seasoning
2 (14.5 ounce) cans diced tomatoes
1 1/2 pounds fresh or frozen cod fillets, thawed

Directions

In a large nonstick skillet, cook green pepper, onion, salad dressing and Italian seasoning for 5 minutes or until vegetables are tender. Stir in the tomatoes; add fillets. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until fish flakes easily with a fork. Serve with a slotted spoon.

Portuguese Cod Fish Casserole

Ingredients

2 pounds salted cod fish
5 large potatoes, peeled and sliced
3 large onions, sliced
3/4 cup olive oil
2 cloves garlic, minced
1 tablespoon chopped fresh parsley
1 1/2 teaspoons crushed red pepper flakes
1 teaspoon paprika
3 tablespoons tomato sauce

Directions

Soak salted cod in cold water overnight or for a few hours. Drain water, repeat. Heat a large pot of water until boiling. Cook cod for 5 minutes; drain and cool, leaving cod in large pieces. Set aside.

Preheat oven to 375 degrees F (190 degrees C).

In an 8x11 casserole dish, layer half the potato slices, all of the cod, and all of the onions. Top with remaining potato slices. In a small bowl, mix together olive oil, garlic, parsley, pepper flakes, paprika, and tomato sauce. Pour evenly over casserole.

Bake in preheated oven for 45 minutes, or until potatoes are tender.

Crispy Fish

Ingredients

2 cups dry potato flakes
1 cup all-purpose flour
1 tablespoon garlic powder
1 tablespoon seasoning salt
1 tablespoon ground black pepper
2 teaspoons cayenne pepper, or
to taste
4 (6 ounce) fillets cod
2 cups butter flavored shortening,
for frying

Directions

In medium bowl, combine the potato flakes, flour, garlic powder, seasoning salt, black pepper, and cayenne pepper.

Soak fish filets in bowl of cold water.

In a deep skillet or deep fryer, melt and heat the shortening to 350 degrees F (175 degrees C).

Dredge fish filets in dry mixture and fry in the hot oil for 5 minutes or until fish flakes apart easily. Remove from oil and place on paper towels to absorb excess oil.

Tomato-Rich Fish Stew

Ingredients

3 1/2 ounces sun-dried tomatoes
2 tablespoons olive oil
1 large yellow onion, chopped
1 green bell pepper, chopped
2 (8 ounce) bottles clam juice
2 (14 ounce) cans diced tomatoes (no salt added)
1 cup dry red wine (or substitute broth or tomato juice)
4 garlic cloves, crushed
4 tablespoons fresh herbs (such as thyme, rosemary or basil)
2 bay leaves
1/2 cup kalamata olives, sliced
1 (15 ounce) can navy beans, drained and rinsed
1 pound firm fish (grouper, tilapia or tuna), cut in 2- to 3-inch chunks
2 teaspoons fennel seeds, lightly crushed
1 pinch Salt and pepper, to taste
1/2 cup grated Parmesan cheese

Directions

In a pan, simmer sun-dried tomatoes in 1 1/2 cups water until very soft; discard water.

In a large pot, saute onion and green pepper in oil until softened.

In a food processor or blender, combine sun-dried tomatoes and 1 bottle clam juice until smooth; add to pot. Stir in remaining clam juice, diced tomatoes, wine, garlic, herbs, bay leaves and olives. Simmer 20 minutes.

Add beans, fish, fennel seeds, salt and pepper. Simmer until fish is done, about 10 minutes. Remove bay leaves. Ladle into bowls; sprinkle with cheese.

Fiery Fish Tacos with Crunchy Corn Salsa

Ingredients

1 cup corn
1/2 cup diced red onion
1 cup peeled, chopped jicama
1/2 cup diced red bell pepper
1 cup fresh cilantro leaves, finely chopped
1 lime, zested and juiced
2 tablespoons sour cream
2 tablespoons cayenne pepper
1 tablespoon ground black pepper
2 tablespoons salt
6 (4 ounce) fillets tilapia
2 tablespoons olive oil
12 corn tortillas, warmed

Directions

Preheat grill for high heat.

In a medium bowl, mix together corn, red onion, jicama, red bell pepper, and cilantro. Stir in lime juice and zest.

In a small bowl, combine cayenne pepper, ground black pepper, and salt. Brush each fillet with olive oil, and sprinkle with spices.

Arrange fillets on grill grate, and cook for 3 minutes per side. For each fiery fish taco, top two corn tortillas with fish, sour cream, and corn salsa.

Smoked Fish Dip

Ingredients

2 cups flaked smoked whitefish
2 tablespoons fat-free
mayonnaise
4 tablespoons fat-free sour cream
1 pinch Old Bay seasoning
4 drops hot pepper sauce, or to
taste
3 drops Worcestershire sauce, or
to taste
3 drops liquid smoke flavoring
(optional)
cracked black pepper to taste

Directions

Place whitefish, mayonnaise, and sour cream in the bowl of a food processor. Season with Old Bay seasoning, hot pepper sauce, Worcestershire sauce, liquid smoke, and cracked black pepper. Blend all ingredients until consistency reaches a spread.

Skillet Fish Dinner

Ingredients

1 celery rib, chopped
1/2 cup chopped green pepper
1/2 cup chopped onion
1 teaspoon olive or canola oil
2 plum tomatoes, chopped
1/4 teaspoon salt
Dash pepper
1/2 pound cod, haddock or
orange roughy fillets
1/4 teaspoon seafood seasoning
Hot cooked rice
Hot pepper sauce

Directions

In a skillet, saute the celery, green pepper and onion in oil until almost tender. Add tomatoes; cook and stir for 1-2 minutes. Sprinkle with salt and pepper. Top with fish fillets and sprinkle with seafood seasoning. Reduce heat; cover and simmer for 6 minutes. Break fish into chunks. Cook about 3 minutes longer or until fish flakes easily with a fork. Serve over rice. Serve with hot pepper sauce if desired.

Steamed Fish with Ginger

Ingredients

1 pound halibut fillet
1 teaspoon coarse sea salt or kosher salt
1 tablespoon minced fresh ginger
3 tablespoons thinly sliced green onion
1 tablespoon dark soy sauce
1 tablespoon light soy sauce
1 tablespoon peanut oil
2 teaspoons toasted sesame oil
1/4 cup lightly packed fresh cilantro sprigs

Directions

Pat halibut dry with paper towels. Rub both sides of fillet with salt. Scatter the ginger over the top of the fish and place onto a heatproof ceramic dish.

Place into a bamboo steamer set over several inches of gently boiling water, and cover. Gently steam for 10 to 12 minutes.

Pour accumulated water out of the dish and sprinkle the fillet with green onion. Drizzle both soy sauces over the surface of the fish.

Heat peanut and sesame oils in a small skillet over medium-high heat until they begin to smoke. When the oil is hot, carefully pour on top of the halibut fillet. The very hot oil will cause the green onions and water on top of the fish to pop and spatter all over - be careful. Garnish with cilantro sprigs and serve immediately.

Mom's Fried Fish

Ingredients

2 eggs, beaten
1 1/2 cups crushed saltines
2 pounds whitefish fillets, cut in
half lengthwise
oil for frying
TARTAR SAUCE:
1 cup mayonnaise
2 tablespoons sweet pickle relish
1 tablespoon finely chopped onion

Directions

Place eggs and cracker crumbs in separate shallow bowls. Dip fillets into eggs, then coat with crumbs. Let stand for 5 minutes.

In an electric skillet or deep-fat fryer, heat oil to 375 degrees F. Fry fillets, a few at a time, for 2 minutes on each side or until fish is golden brown and flakes easily with a fork. Drain on paper towels. In a small bowl, combine the tartar sauce ingredients. Serve with fish.

Fish Egg Salad

Ingredients

5 cups water
1 cup small pearl tapioca
1 (3 ounce) package strawberry
flavored gelatin
1 cup white sugar
2 cups heavy cream

Directions

Bring the water to a boil in a saucepan. Remove from heat and pour in the tapioca pearls. Cover, and let stand for 30 minutes. If the mixture is clear, it is done. If not, set over low heat and warm slowly until it becomes clear. Heat the water to almost boiling if you did not have to reheat, and stir in the gelatin and sugar until dissolved. Cover, and refrigerate until almost set, about 1 1/2 hours.

In a large bowl, whip the cream using an electric mixer until fluffy. Fold into the gelatin mixture, and pour into a bowl or mold. Chill until set, about 2 hours.

Spaghetti Fish Supper

Ingredients

4 green onions, chopped
5 cloves garlic, minced
2 tablespoons olive or vegetable oil
1 (14.5 ounce) can chicken broth
2 tablespoons dried parsley flakes
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground cumin
2 tablespoons cornstarch
1/2 cup apple juice
1/2 pound fresh or frozen orange roughy, haddock or red snapper fillets, thawed and cut into 1-inch pieces
1 medium tomato, seeded and chopped
1 cup chopped fresh broccoli florets
8 ounces uncooked thin spaghetti
1/4 cup sliced ripe olives

Directions

In a large skillet, saute onions and garlic in oil until tender. Stir in the broth, parsley, salt, pepper and cumin. Cover and simmer for 2 minutes. Combine cornstarch and apple juice until smooth; pour into the skillet. cook and stir for 1-2 minutes or until thickened.

Stir in the fish, tomato and broccoli. Cover and cook for 2 minutes or until fish easily flakes with a fork. Meanwhile, cook spaghetti according to package directions; drain and toss with olives. Top with fish mixture.

Grilled Fish Steaks

Ingredients

8 (3 ounce) fillets fresh tuna steaks, 1 inch thick
1/2 cup soy sauce
1/3 cup sherry
1/4 cup vegetable oil
1 tablespoon fresh lime juice
1 clove garlic, minced

Directions

Place tuna steaks in a shallow baking dish. In a medium bowl, mix soy sauce, sherry, vegetable oil, fresh lime juice, and garlic. Pour the soy sauce mixture over the tuna steaks, and turn to coat. Cover, and refrigerate for at least one hour.

Preheat grill for high heat.

Lightly oil grill grate. Place tuna steaks on grill, and discard remaining marinade. Grill for 3 to 6 minutes per side, or to desired doneness.

Turkish Fish Stew

Ingredients

3 cups water
1 1/2 cups dry couscous
2 tablespoons olive oil
1 small white onion, chopped
1 green bell pepper, chopped
2 cloves garlic, minced
1 cup marinated artichoke hearts,
liquid reserved
2 teaspoons capers, liquid
reserved
12 small green olives
1 (14.5 ounce) can chopped
stewed tomatoes, drained
2 tablespoons white wine
(optional)
1 tablespoon lemon juice
1 cup water
2 teaspoons sumac powder
1 1/2 teaspoons crushed red
pepper flakes
1 teaspoon dried basil
1 teaspoon cumin
1 teaspoon minced fresh ginger
root
ground black pepper to taste
1 pound tilapia fillets, cut into
chunks

Directions

In a medium saucepan, bring 3 cups water to a boil, and stir in the couscous. Remove from heat, cover, and let sit 5 minutes.

Heat the olive oil in a skillet over medium heat, and saute the onion and green pepper about 5 minutes, until tender. Mix in the garlic, and continue to cook and stir about 2 minutes. Mix in the artichoke hearts with reserved liquid, capers with reserved liquid, and olives. Stir in the tomatoes, wine, lemon juice, and 1 cup water (or enough to attain desired thickness). Season with sumac powder, red pepper, basil, cumin, ginger, and pepper.

Bring the mixture to a boil, and mix in the fish chunks. Reduce heat, and simmer 10 minutes, or until the fish is easily flaked with a fork. Serve over couscous.

Spanish Moroccan Fish

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, finely chopped
- 2 red bell pepper, seeded and sliced into strips
- 1 large carrot, thinly sliced
- 3 tomatoes, chopped
- 4 olives, chopped
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1/4 cup fresh parsley, chopped
- 3 tablespoons paprika
- 4 tablespoons ground cumin
- 1 teaspoon cayenne pepper
- 2 tablespoons chicken bouillon granules
- Salt to taste
- 5 pounds tilapia fillets

Directions

Heat a large skillet on medium-high heat. Add the oil, then cook and stir the onion and garlic, until slightly tender. Add the bell peppers, carrots, tomatoes, olives, and garbanzo beans and continue to cook until the peppers are slightly tender.

Sprinkle the parsley, paprika, cumin, cayenne, and chicken bouillon over the vegetables. Season with salt to taste. Stir to incorporate. Place the fish on top of the vegetables and add enough water to cover the vegetables. Reduce the heat to low, cover, and cook for 40 minutes.

Fish Chowder I

Ingredients

4 potatoes, peeled and diced
1 onion, chopped
4 slices bacon, diced
1/4 pound haddock fillets,
chopped
1/2 cup milk
1/4 teaspoon freshly ground white
pepper

Directions

In a large stock pot cover potatoes with enough water so they are fully covered. Bring to boil, then reduce to a simmer.

In a saute pan cook onion and bacon, over medium heat, until onions are soft. Add to potato mixture.

Once potatoes become soft, and the broth has a milky look to it, add cut up fish fillets. Heat until fish fillets are cooked through.

Add enough milk product to bring soup to your desired taste and texture. Season with white pepper and serve.

Baked Fish Dinner For Two

Ingredients

4 tablespoons olive oil, divided
2 baking potatoes, cut into 1/2 inch slices
salt and pepper to taste
1/2 cup water
1/2 red bell pepper, chopped
1 leek, bulb only, chopped
1 zucchini, thickly sliced
2 stalks celery, cut into thin 3 inch long slices
4 cloves garlic, minced
1 pound white fish fillets
1 tomato, seeded and chopped
2 sprigs fresh parsley or fennel, for garnish

Directions

Preheat oven to 425 degrees F (220 degrees C). Lightly oil a shallow, 2 quart baking dish.

In a medium bowl, toss the potatoes with 2 tablespoons olive oil to coat evenly. Season with salt and pepper. Spread potatoes in baking dish with 1/4 cup water. Cover, and bake for 15 minutes.

Combine bell peppers, leek, zucchini, and celery in a medium bowl. Toss with garlic and 2 tablespoons olive oil,. Season to taste with salt and pepper. Spread vegetables over potatoes, add another 1/4 cup water, and cover. Bake for 10 to 15 minutes.

Rinse, and cut fish into 1 to 1 1/2 inch cubes, and spread over vegetables. Cover. Bake for 10 minutes, or until fish flakes easily. Serve with tomato and parsley or fennel garnish.

Fish Fillets Italiano

Ingredients

2 tablespoons olive oil
1 onion, thinly sliced
2 cloves garlic, minced
1 (14.5 ounce) can diced tomatoes
1/2 cup black olives, pitted and sliced
1 tablespoon chopped fresh parsley
1/2 cup dry white wine
1 pound cod fillets

Directions

In a large frying pan, heat oil over medium heat. Sauté onions and garlic in olive oil until softened.

Stir in tomatoes, olives, parsley, and wine. Simmer for 5 minutes.

Place fillets in sauce. Simmer for about 5 more minutes, or until fish turns white.

Crispy Oven-Fried Fish Fillets

Ingredients

vegetable cooking spray
4 (4 ounce) fillets white fish*
1/3 cup milk
1/4 cup all-purpose flour
2 cups Pepperidge Farm®
Generous Cut Zesty Italian
Croutons, crushed**
tartar sauce

Directions

Preheat oven to 450 degrees F. Spray baking sheet with vegetable cooking spray.

Dip fish into milk. Coat with flour and then dip in milk. Coat with crushed croutons.

Place fish on baking sheet. Spray fish with vegetable cooking spray.

Bake for 10 minutes or until fish is done. Serve with tartar sauce.

Lemony Steamed Fish

Ingredients

6 (6 ounce) fillets halibut
3 teaspoons dried dill weed
3 teaspoons onion powder
1/4 teaspoon paprika
seasoning salt to taste
1 pinch lemon pepper
2 teaspoons dried parsley
1 pinch garlic powder
2 tablespoons lemon juice

Directions

Preheat oven to 375 degrees F (190 degrees C).

Cut 6 foil squares, large enough for the size of each fillet.

Center fillets on the foil squares and sprinkle each with dill weed, onion powder, paprika, seasoned salt, lemon pepper, parsley and garlic powder. Sprinkle lemon juice over each fillet. Fold foil over fillets to make a pocket. Pleat seams to securely enclose.

Place packets on a baking sheet and bake in the preheat oven for 30 minutes.

Fish with Lemon Sauce

Ingredients

4 (5 ounce) firm fish fillets (cod, tilapia, salmon, or sea bass)
2 teaspoons olive oil or butter
1 cup COLLEGE INN® Chicken Broth
2 teaspoons cornstarch
1 teaspoon grated lemon zest
1 tablespoon fresh lemon juice

Directions

Cook fish in oil in large nonstick skillet over medium heat, about 5 minutes per side; remove and keep warm. Wipe skillet with paper towel.

Combine broth, cornstarch, lemon zest and lemon juice in same skillet.

Cook, stirring constantly, until thickened and translucent. Return fish to skillet and heat through. To serve, spoon sauce over fish and serve with rice or steamed small potatoes.

Tuna Fish Pea Salad

Ingredients

1 (12 ounce) can chunk light tuna
in water, drained
1 (15 ounce) can peas, drained
1/4 cup reduced-fat mayonnaise,
or as needed
1 teaspoon garlic powder
1 teaspoon ground black pepper

Directions

Place the tuna into a bowl with the peas, and lightly stir to break up the tuna and combine with the peas. Add the mayonnaise, garlic powder, and pepper, and stir to mix well.

Mediterranean Fish Stew

Ingredients

4 cloves garlic, minced
2 onions, chopped
1 tablespoon olive oil
1 (28 ounce) can crushed tomatoes
6 cups water
1/2 cup chopped fresh parsley
1/2 cup chopped fresh cilantro
2 tablespoons Worcestershire sauce
1 teaspoon ground cinnamon
1 teaspoon paprika
1 1/2 pounds cod fillets, cubed
3 ounces dry pasta
salt to taste
1 tablespoon ground black pepper

Directions

In a large pot over medium heat, saute the garlic and onions in the olive oil for 5 minutes, stirring constantly. Add the tomatoes with liquid, water, parsley and cilantro. Bring to a boil, reduce heat to low and simmer for 15 minutes.

Stir in the Worcestershire sauce, cinnamon, paprika and fish. Simmer over medium heat for 10 minutes. Add the pasta and simmer for an additional 8 minutes, or until pasta is tender. Season with salt to taste and ground black pepper.

Chicken-Cheese-Fish

Ingredients

2 pounds skinless, boneless chicken breast halves
4 cups shredded Cheddar cheese
1 cup shredded Swiss cheese
4 (3 ounce) cans tuna packed in olive oil
2 (16 ounce) cans pink salmon, drained
2 cups heavy whipping cream
4 eggs, beaten
2 cups crumbled feta
1 cup shredded mozzarella cheese
2 cups ricotta cheese
1 (8 ounce) package cream cheese, softened
2 eggs, beaten
3 cups Italian seasoned bread crumbs
2 tablespoons butter, cut into small pieces

Directions

Preheat oven to 350 degrees F (175 degrees C).

Line the bottom of a large baking dish with the chicken breasts. Scatter Cheddar and Swiss cheese over top. Flake the tuna and salmon and layer evenly over the cheese. Mix whipping cream with the 4 beaten eggs in a bowl; pour over top of the dish.

Mix the feta, mozzarella and ricotta cheeses in a bowl; spread over the fish. Mix the cream cheese, 2 beaten eggs, and bread crumbs in a bowl; spread evenly over top of the cheese. Evenly arrange small pieces of butter over entire dish. Cover with aluminum foil.

Bake in preheated oven for 1 1/2 hours, or until heated through and golden brown on top.

Classic Fish and Chips

Ingredients

4 large potatoes, peeled and cut into strips
1 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon ground black pepper
1 cup milk
1 egg
1 quart vegetable oil for frying
1 1/2 pounds cod fillets

Directions

Place potatoes in a medium-size bowl of cold water. In a separate medium-size mixing bowl, mix together flour, baking powder, salt, and pepper. Stir in the milk and egg; stir until the mixture is smooth. Let mixture stand for 20 minutes.

Preheat the oil in a large pot or electric skillet to 350 degrees F (175 degrees C).

Fry the potatoes in the hot oil until they are tender. Drain them on paper towels.

Dredge the fish in the batter, one piece at a time, and place them in the hot oil. Fry until the fish is golden brown. If necessary, increase the heat to maintain the 350 degrees F (175 degrees C) temperature. Drain well on paper towels.

Fry the potatoes again for 1 to 2 minutes for added crispness.

Unbelievable Fish Batter

Ingredients

1 cup all-purpose flour
1/2 cup milk
1/2 cup water
1/4 cup baking powder
1 teaspoon salt

Directions

Whisk together the flour, milk, water, baking powder, and salt in a bowl until smooth.

Morgan's Grilled Fish

Ingredients

1/4 cup olive oil
1 tablespoon dried parsley
2 tablespoons dried thyme
1 tablespoon dried rosemary
1 clove garlic, minced
4 (6 ounce) fillets salmon
1 lemon, juiced

Directions

Preheat grill for medium heat.

In a shallow glass dish, mix the olive oil, parsley, thyme, rosemary, and garlic. Place the salmon in the dish, turning coat. Squeeze lemon juice over each fillet. Cover, and marinate in the refrigerator for 30 minutes.

Lightly oil grill grate. Transfer salmon to the grill, and discard any remaining marinade. Cook salmon on preheated grill over medium heat for 8 to 10 minutes, turning once. Fish is done when it flakes easily with a fork.

Fish Stew

Ingredients

1 (15 ounce) can mackerel,
undrained
1 (10.75 ounce) can tomato soup
(not condensed) (optional)
4 potatoes, sliced
1 onion, sliced
red pepper flakes (to taste)
1 egg (optional)

Directions

Place undrained mackerel, tomato soup (if using), potatoes, onion, and red pepper flakes in a medium stock pot. Add just enough water to cover.

Bring to a boil over medium-high heat, reduce to a simmer, and cook 30 minutes, or until potatoes are tender.

Break the egg over the stew, if desired, and serve.

Skillet White Fish with Feta, Green Onion and Basil

Ingredients

2 large Roma or beefsteak tomatoes
1/2 teaspoon kosher salt, divided
1 tablespoon bread crumbs or panko
1 tablespoon BertolliB® ClassicOv„Ÿ Olive Oil, plus
1/4 cup BertolliB® ClassicOv„Ÿ Olive Oil
2 cups arugula or baby spinach leaves
20 large fresh basil leaves, halved
4 green onions, sliced (white part only)
6 ounces feta cheese, cubed
4 (4 ounce) pieces of cod
1/4 teaspoon freshly ground black pepper
1 tablespoon BertolliB® Extra LightOv„Ÿ Tasting Olive Oil

Directions

Preheat oven to 475 degrees F.

Cut tomatoes in half horizontally and remove seeds. Season with 1/4 tsp. salt, then evenly sprinkle with bread crumbs. Drizzle with 1 Tbsp. BertolliB® ClassicOv„Ÿ Olive Oil. Bake 20 minutes or until tomatoes are tender.

Toss arugula, basil, green onions, cheese and remaining 1/4 cup Olive Oil; set aside.

Season cod with remaining 1/4 tsp. salt and pepper. Heat 1 Tbsp. BertolliB® Extra LightOv„Ÿ Tasting Olive Oil in 12-inch nonstick skillet and cook cod, turning once, 6 minutes or until cod flakes with a fork. Arrange tomatoes on serving plates, then top with cod and salad. Drizzle, if desired, with additional Olive Oil.

Cerveza and Lime Marinade for Shrimp and Fish

Ingredients

2 cups minced onion
1/2 cup chopped fresh cilantro
1/2 cup seeded, minced jalapeno pepper
1/4 cup minced garlic
1 cup oil
3/4 cup fresh lime juice
1/2 cup Mexican beer
2 tablespoons tequila
1 tablespoon ground black pepper
1/2 tablespoon ground cumin

Directions

Combine the onion, cilantro, jalapeno pepper, garlic, oil, lime juice, beer, tequila, black pepper, and cumin in a blender; blend until smooth. Marinate fish or shrimp in the refrigerator in this marinade up to 2 hours before grilling.

Fisherman's Catch Chowder

Ingredients

1 1/2 pounds cod fillets, cubed
1 (16 ounce) can whole peeled tomatoes, mashed
1 (8 ounce) jar clam juice
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped carrots
1/2 cup dry white wine
1/4 cup chopped fresh parsley
1/4 teaspoon dried rosemary
1 teaspoon salt
3 tablespoons all-purpose flour
3 tablespoons butter, melted
1/3 cup light cream

Directions

In a slow cooker, stir together the cod, tomatoes, clam juice, onion, celery, carrots, wine, parsley, rosemary, and salt. Cover, and cook on Low 7 to 8 hours or on High 3 to 4 hours.

One hour prior to serving, mix flour, butter, and light cream in a small bowl. Stir into the slow cooker until the fish mixture is thickened.

Fish Roll-Ups

Ingredients

2/3 cup butter
2 tablespoons minced onion
1 cup minced crabmeat
2 tablespoons minced fresh parsley
1/4 teaspoon garlic powder, or to taste
salt and pepper to taste
24 buttery round crackers, crushed
12 (6 ounce) fillets sole
2 tablespoons lemon juice
1/4 cup grated Parmesan cheese
3 tablespoons butter

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly coat a 9x13 inch baking pan with cooking spray.

Melt butter in frying pan over medium heat. Add onion and saute for 1 minute. Stir in crabmeat, parsley, garlic powder salt and pepper and cook 1 minute more. Remove from heat and stir in crushed crackers.

Spread mixture over filets; sprinkle with lemon juice and Parmesan cheese. Roll up filets, seal with toothpicks and place in prepared baking dish. Dot each roll with butter and cover pan tightly with foil.

Bake in preheated oven for 15 to 17 minutes until fish flakes.

Cape Malay Pickled Fish

Ingredients

1/2 cup vegetable oil for frying
3 pounds cod fillets, cut into 2 to 3 ounce portions
salt to taste
2 large onions, peeled and sliced into rings
2 cloves garlic, chopped
8 whole black peppercorns
4 whole allspice berries
3 bay leaves
1 red chile pepper, seeded and sliced lengthwise
2 cups red wine vinegar
1/2 cup water
1/2 cup packed brown sugar, or to taste
2 tablespoons curry powder
1 teaspoon ground turmeric
2 teaspoons ground cumin
2 teaspoons ground coriander

Directions

Heat the oil in a large skillet over medium-high heat. Season the fish with salt and place in the skillet. Fry on both sides until fish is browned and cooked through, about 5 minutes per side. Remove from the skillet and set aside.

Fry the onions and garlic in the same skillet over medium heat until translucent. Add the peppercorns, allspice berries, bay leaves, and red chile pepper. Pour in the vinegar and water and bring to a boil. Stir in the brown sugar until dissolved. Season with curry powder, turmeric, cumin and coriander. Taste and adjust the sweetness if desired.

Layer pieces of fish and the pickling mixture in a serving dish. Pour the liquid over until the top layer is covered. Allow to cool then cover and refrigerate for at least 24 hours before serving.

Tofu 'Fish' Fillet Sandwiches

Ingredients

1 (12 ounce) package firm tofu - drained, patted dry, and sliced into 4 slices

1 cup bread crumbs

1 teaspoon kelp powder

1/4 teaspoon garlic powder

1/4 teaspoon paprika

1/4 teaspoon onion powder or flakes

1 teaspoon salt

olive oil, as needed

Tartar Sauce

1/2 cup mayonnaise

1/4 cup dill pickle relish

1 tablespoon fresh lemon juice

4 whole wheat hamburger buns, split

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a bowl, toss bread crumbs together with kelp powder, garlic powder, paprika, onion powder, and salt. Dip tofu slices into olive oil, then bread crumb mixture, patting lightly to coat well.

Bake on a cookie sheet in preheated oven for 30 minutes. When first side is golden brown and slightly crispy, turn over, and finish baking.

Meanwhile, mix together mayonnaise, relish, and lemon juice until well-blended. When tofu is nearly done baking, brush each bun half with olive oil, and toast in the oven. Serve with tartar sauce and your favorite sandwich condiments.

Shui Zhu Yu (Sichuan Boiled Fish)

Ingredients

1 egg white, beaten
1/2 teaspoon cornstarch
1/4 teaspoon ground white pepper
3 thin slices fresh ginger root
1 (6 ounce) fillet basa, cut into bite-sized pieces
1 tablespoon vegetable oil
10 Sichuan peppercorns
5 dried chile de arbol peppers
1 tablespoon vegetable oil
2 teaspoons Sichuan bean sauce
2 cups water
3 stalks celery, cut into 1/2-inch pieces
1 cup sliced Napa cabbage
2 teaspoons minced garlic
2 sprigs cilantro

Directions

Stir the egg white, cornstarch, white pepper, and egg white together in a bowl; add the basa and mix to coat. Set aside and allow to marinate at least 15 minutes.

Heat 1 tablespoon vegetable oil in a skillet over medium heat; cook and stir the peppercorns and dried chile peppers in the hot oil until they turn a very dark red (they will look almost black, so be careful not to burn the chilies). Remove the dried chili peppers and peppercorns from the skillet. Mince the chile peppers. Mash the peppercorns finely; set aside.

Return the skillet to the medium heat and add 1 tablespoon vegetable oil and the bean sauce; cook and stir the bean sauce with the oil until the mixture turns red. Stir the water into the sauce, increase heat to high and cook until the sauce simmers. Remove the ginger slices from the marinating fish and add to the boiling sauce; cook the fish at a boil until the flesh turns white.

Divide the celery and cabbage between two soup bowls. Pour the fish and sauce over the celery and cabbage. Top with the garlic, peppercorns, and chile peppers.

Heat 1 tablespoon olive oil in a skillet over high heat until it just begins to smoke; carefully pour the hot oil over the garlic, peppercorns, and chile peppers. Garnish each portion with cilantro to serve.

Salsa Fish Skillet

Ingredients

1 pound halibut steaks or other firm whitefish, cut into 1 inch pieces
3 teaspoons canola oil, divided
2 medium yellow squash, julienned
1 medium zucchini, julienned
1 cup sliced fresh mushrooms
2 garlic cloves, minced
1/4 teaspoon ground cumin
1 1/2 cups chunky salsa
4 teaspoons minced fresh cilantro leaves

Directions

In a large nonstick skillet or wok, stir-fry halibut in 2 teaspoons hot oil for 3-4 minutes or until fish flakes easily with a fork; remove and keep warm.

Add the yellow squash, zucchini, mushrooms, garlic, cumin and remaining oil to the pan. Stir-fry for 2-3 minutes or until vegetables are crisp-tender. Return fish to the pan. Add salsa; heat through. Sprinkle with cilantro.

Indian Mustard Fish

Ingredients

3 tablespoons mustard seed
5 green chile peppers, diced
1/4 cup vegetable oil
4 medium onions, chopped
1 teaspoon chili powder
1 teaspoon ground turmeric
salt to taste
1/3 cup water
2 pounds salmon, cut into chunks

Directions

Place the mustard seed and chile peppers in a bowl, and mash together to create a fine paste.

Heat the oil in a skillet over medium heat, and cook the onions until golden. Mix in mustard and chile paste, chili powder, turmeric, and salt. Stir in water. Place salmon in the skillet. Reduce heat to low, and cook until most of the liquid has evaporated and fish is easily flaked with a fork.

Hawaiian Fish with Pineapple

Ingredients

2 (4 ounce) mahi mahi fillets
2 cups lemon juice
dried thyme to taste
dried basil to taste
1 (8 ounce) can pineapple chunks,
drained
1/2 cup milk

Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking pan with aluminum foil.

Arrange the mahi mahi fillets in the prepared baking pan. Pour lemon juice over the fillets, and sprinkle with thyme and basil. Top each fillet with pineapple. Pour milk into the pan, not directly on the fish.

Bake 25 minutes in the preheated oven, or until fish flakes easily with a fork.

Baked Fish and Rice

Ingredients

1 1/2 cups boiling chicken broth
1/2 cup uncooked long grain rice
1/4 teaspoon Italian seasoning
1/4 teaspoon garlic powder
1 (10 ounce) package frozen
chopped broccoli, thawed and
drained
1 tablespoon grated Parmesan
cheese
1 (2.8 ounce) can French-fried
onions, divided
1 pound fresh or frozen fish fillets,
thawed
1 dash paprika
1/2 cup shredded Cheddar
cheese

Directions

In a greased 11-in. x 7-in. x 2-in. baking dish, combine the broth, rice, Italian seasoning and garlic powder. Cover and bake at 375 degrees F for 10 minutes. Add the broccoli, Parmesan cheese and half of the onions. Top with fish fillets; sprinkle with paprika.

Cover and bake 20-25 minutes longer or until the fish flakes easily with a fork. Uncover; sprinkle with cheddar cheese and remaining onions. Return to the oven for 3 minutes or until cheese is melted.

Tuna Fish Cakes

Ingredients

2 (170 gram) cans white tuna in water, drained, flaked
1 (120 g) package STOVE TOP Stuffing Mix for Chicken
3/4 cup water
1 cup KRAFT Mozza-Cheddar Shredded Cheese
1 carrot, shredded
1/4 cup MIRACLE WHIP Salad Dressing
2 tablespoons sweet pickle relish

Directions

Mix all ingredients. Refrigerate 10 minutes.

Heat large nonstick skillet sprayed with cooking spray on medium heat. Use small ice cream scoop to add 1/4-cup portions of tuna mixture, in batches, to skillet.

Flatten into patties with back of spatula. Cook 6 minutes or until golden brown on both sides, carefully turning patties over after 3 minutes.

Ovnskøkt Kveite (Baked Fish)

Ingredients

2 pounds fresh halibut, skinned and boned, reserving skin and bone
2 cups water
2 tablespoons all-purpose flour
1/2 cup butter
1 tablespoon fresh lemon juice
1 teaspoon salt
1/2 teaspoon black pepper
1/2 cup cream
2 tablespoons sherry
2 egg yolks

Directions

Place the fish skin and bones into a saucepan with the water. Bring to a boil, and reduce by one quarter. Strain, and reserve 1 1/2 cups. Preheat the oven to 400 degrees F (200 degrees C).

Cut halibut into bite size pieces, and coat with flour. Heat butter in a large skillet over medium-high heat. Fry the halibut pieces just until golden brown. Transfer fish to a baking dish; arrange fish in a single layer, and sprinkle with lemon juice, and salt and pepper.

Pour fish stock into the pan in which the fish was fried; cook over medium heat for 5 minutes, stirring and scraping the bottom of the pan. Stir in cream and sherry, and continue cooking for 3 to 5 minutes. Whisk egg yolks until frothy in a small bowl. Slowly whisk in a small amount of the cream sauce, and then whisk the mixture into the sauce. Pour over fish in baking dish.

Bake in preheated oven for 25 to 30 minutes. Serve in baking dish.

Poached Fish with Cucumbers

Ingredients

1 teaspoon salt
2 cucumbers, peeled, halved
lengthwise, seeded, and chopped
1 cup whipping cream
2 tablespoons prepared mustard
2 teaspoons chopped fresh
tarragon
2 cups white wine
salt to taste
1 Bay leaf
2 (3 ounce) fresh tilapia fillets

Directions

Sprinkle salt over the cucumber pieces; allow to sit 1 hour. Strain liquid from cucumbers.

Combine the whipping cream, mustard, and tarragon in a saucepan over medium heat; add the cucumbers and simmer 8 minutes.

Pour the wine into a large skillet over medium heat. Season with salt and add the Bay leaf. Bring the wine to a boil. Lay the tilapia into the skillet, reduce heat to medium-low and cook until the tilapia flakes easily with a fork, 8 to 10 minutes. Serve fish with cucumbers on the side.

Twice Fried Fish

Ingredients

- 1 tablespoon hoisin sauce
- 1 tablespoon canned tomato sauce
- 1 tablespoon dry sherry
- 1 teaspoon ground black pepper
- 2 tablespoons dark soy sauce
- 1 teaspoon white sugar
- 1 teaspoon salt
- 1 1/2 pounds cod fillets
- 3 tablespoons vegetable oil
- 1 tablespoon lard
- 1 teaspoon cornstarch
- 4 tablespoons water

Directions

In a mixing bowl, mix together hoisin sauce, tomato sauce, sherry, pepper, soy sauce, sugar and salt. Set aside for 20 minutes.

Rub cod filets with 1 tablespoon of oil. Heat a large skillet and add the remaining 2 tablespoons of oil. Fry fish for 2 minutes on both sides, drain on paper towels, and set aside.

Discard oil from skillet, and add 1 tablespoon of lard. Melt over medium heat and add soy sauce mixture, stirring well. Dissolve the cornstarch in the water and pour into the skillet, stirring constantly. Cook until thickened.

Return fish to the skillet and cook again for 1 minute on each side.

Pineapple-Glazed Fish

Ingredients

1 (8 ounce) can unsweetened sliced pineapple
1 1/2 teaspoons cornstarch
1/4 teaspoon ground ginger
2 tablespoons honey
2 tablespoons reduced-sodium soy sauce
1 tablespoon lemon juice
4 (6 ounce) fillets orange roughy or haddock

Directions

Drain pineapple, reserving juice; set pineapple aside. In a small saucepan, combine the cornstarch and ginger; stir in pineapple juice until blended. Add the honey and soy sauce. bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in lemon juice. Pour half into a small bowl for serving.

Coat grill rack with nonstick cooking spray before starting the grill. Grill fillets, uncovered, over medium heat for 4-5 minutes. Spoon some of the glaze over fillets. Cook 4-5 minutes. Spoon some of the glaze over fillets. Cook 4-5 minutes longer or until fish flakes easily with a fork. Meanwhile, grill pineapple slices for 4-6 minutes or until heated through, basting frequently with glaze and turning once. Serve fish with pineapple and reserved glaze.

Delicious Ahi Fish Burgers with Chives

Ingredients

1 pound fresh tuna steaks, minced
1 carrot, grated
1/2 cup onion, chopped
1/2 cup chopped fresh chives
2 eggs
1/3 cup panko crumbs or
breadcrumbs
1 tablespoon mayonnaise
garlic salt to taste
freshly ground black pepper to
taste
1 tablespoon olive oil

Directions

In a large bowl, mix together tuna, carrot, onion, chives, eggs, panko crumbs, and mayonnaise. Season with garlic salt and black pepper. Form into patties.

Heat oil in a skillet over medium heat. Arrange patties in the pan (only as many as will fit easily in the pan). Cook, uncovered, 10 minutes per side, or until golden brown.

Beer Batter Fish Fillets

Ingredients

1 cup all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
1/2 teaspoon dried dill weed
3/4 cup beer
1/2 cup milk
2 eggs
2 pounds cod fillets
2 quarts vegetable oil for frying

Directions

In a large bowl, mix together flour, salt, baking powder, and dill. Add beer, milk, and eggs; mix well.

Place fish fillets in batter mixture, coat well, and let stand for 15 minutes.

Heat deep fryer to 375 degrees F (190 degrees C). Place fish in hot oil, and fry until golden brown. Cook fish in batches to maintain oil temperature. Serve.

Mexican Baked Fish

Ingredients

1 1/2 pounds cod
1 cup salsa
1 cup shredded sharp Cheddar cheese
1/2 cup coarsely crushed corn chips
1 avocado - peeled, pitted and sliced
1/4 cup sour cream

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease one 8x12 inch baking dish.

Rinse fish fillets under cold water, and pat dry with paper towels. Lay fillets side by side in the prepared baking dish. Pour the salsa over the top, and sprinkle evenly with the shredded cheese. Top with the crushed corn chips.

Bake, uncovered, in the preheated oven for 15 minutes, or until fish is opaque and flakes with a fork. Serve topped with sliced avocado and sour cream.

Fish Chowder II

Ingredients

4 tablespoons margarine
1 onion, chopped
3 potatoes, peeled and cubed
4 cups water
2 (15 ounce) cans creamed corn
5 cups milk
2 pounds cod fillets, cubed
salt and pepper to taste

Directions

Melt the butter or margarine in a large pot over medium heat. Add the onion and saute for 5 to 10 minutes, or until tender. Add the potatoes and water and simmer for 20 more minutes, or until potatoes are tender.

Add the creamed corn and milk, stirring until smooth. Finally, add the fish, stir well and allow to heat through, about 10 to 15 minutes. Season with salt and pepper to taste.

Baked Fish and Rice

Ingredients

1 1/2 cups boiling chicken broth
1/2 cup uncooked long grain rice
1/4 teaspoon Italian seasoning
1/4 teaspoon garlic powder
1 (10 ounce) package frozen cut broccoli, thawed and drained
1 tablespoon grated Parmesan cheese
1 (2.8 ounce) can French fried onions, divided
1 pound fresh or frozen fish fillets, thawed
1 dash paprika
1/2 cup shredded Cheddar cheese

Directions

In a greased 11-in. x 7-in. x 2-in. baking dish, combine the broth, rice, Italian seasoning and garlic powder.

Cover and bake at 375 degrees for 10 minutes.

Add the broccoli, Parmesan cheese and half of the onions. Top with fish fillets; sprinkle with paprika. Cover and bake 20-25 minutes longer or until the fish flakes easily with a fork. Uncover; sprinkle with cheddar cheese and remaining onions. Return to the oven for 3 minutes or until cheese is melted.

Baja-Style Fish Tacos

Ingredients

1/2 cup tequila
1/2 cup fresh lime juice
1/2 cup water
2 tablespoons kosher salt
2 tablespoons turbinado sugar
1 tablespoon chili powder

2 pounds cod fillet, cut into 3- by 1-inch strips

1/2 cup mayonnaise
1/2 cup sour cream
1 tablespoon chili powder
1 teaspoon cider vinegar
1/2 teaspoon kosher salt
1 teaspoon sugar
1 (12 ounce) package coleslaw mix
1 tablespoon chopped green onions

1 cup all-purpose flour
1 tablespoon chili powder
1 tablespoon baking soda
2 teaspoons kosher salt

1 cup oil for deep frying
9 corn or flour tortilla

Directions

Make a marinade by whisking together the tequila, lime juice, water, 2 tablespoons salt, turbinado sugar, and 1 tablespoon chili powder in a large bowl. Set aside 1/4 cup of the marinade. Add the cod to the remaining marinade; cover and set aside.

Mix together the mayonnaise, sour cream, 1 tablespoon chili powder, cider vinegar, 1/2 teaspoon salt, sugar, and green onions in a large bowl. Add the coleslaw mix and green onion and mix until coated; set aside.

Mix together the flour, 1 tablespoon chili powder, baking soda, and 2 teaspoons salt in a shallow dish. Remove pieces of cod from the marinade, shake off the marinade, and coat in the flour mixture.

Heat the oil in a heavy skillet to 375 degrees F (190 degrees C). Gently lie the coated fish in the skillet without crowding the pieces. Cook in the hot oil, turning once, until browned on all sides, 5 to 7 minutes.

While frying the cod, heat the black bean mixture in a saucepan over medium heat. Heat the reserved marinade in a separate small saucepan over medium-low heat.

Assemble tacos by placing fish in the center of tortilla; top with coleslaw and any other desired toppings. Drizzle some of the heated marinade over the fillings and fold the tortilla to close.

Traditional Cured Fish (Umai)

Ingredients

1 yellow onion, chopped
1 red onion, chopped
1 tablespoon minced fresh ginger root
1 fresh red chile pepper, finely chopped
1 tablespoon grated lime zest
2 limes, juiced
2 skinned red snapper fillets, cut into thin strips
salt to taste

Directions

Combine the yellow onion, red onion, ginger, chile pepper, lime zest, and lime juice in a glass or ceramic bowl. Gently stir in the red snapper, and season to taste with salt. Cover and refrigerate until the snapper turns white and opaque, about 15 minutes. Serve cold.

Asian Fish With Vegetables

Ingredients

4 cups shredded savoy cabbage
1 medium red pepper, cut in slivers
6 sliced scallions, with green
2 (4 ounce) fillets mahi mahi or flounder

Sauce:

2 large garlic cloves, crushed
1/3 cup dry-roasted unsalted peanuts, crushed in blender
2 tablespoons grated fresh ginger
1/3 cup water
1 teaspoon cornstarch
3 tablespoons reduced-sodium soy sauce
1 teaspoon sesame oil
1 tablespoon rice vinegar
1 cup mirin

Garnish:

1/4 cup chopped cilantro (or parsley)
1 lime

Directions

Spread vegetables over bottom of shallow microwave-safe dish. Top with fish. In a small bowl, combine sauce ingredients; pour over all.

Cover tightly with microwave plastic wrap, and microwave on high 8-10 minutes. Vegetables will be crisp-tender.

Place each filet on a plate; spoon vegetables and sauce around fish. Garnish with cilantro and a squeeze of lime juice. Serve with brown rice.

Gefilte Fish

Ingredients

1 1/2 pounds salmon fillets
1 1/2 pounds red snapper fillets
1 pound black cod fillets
1 pound ling cod fillets
2 1/2 large onions
4 carrots
5 eggs
1 1/2 tablespoons white sugar
4 teaspoons salt
4 teaspoons ground white pepper
3/4 cup matzo meal
3/4 cup ice water

2 onions
2 carrots
1/2 teaspoon paprika
1/2 teaspoon ground black pepper
1/4 cup white sugar

Directions

Grind the fish, 2 1/2 onions and 4 carrots together. Place fish mixture in a wooden bowl. Using a hand chopper, add eggs one at a time. Add 1 1/2 tablespoons sugar, 4 teaspoons salt and white pepper and continue to chop until very well blended. Stir in the ice water a little at a time throughout this process. Add matzo meal and chop again. Check to see if mixture is thick enough to bind together to make an oval gefilte fish ball and if not add in more matzo meal.

Meanwhile, fill two large heavy stock pots half full of water. Into each pot slice one raw onion and one sliced carrot. Add fish skins, if desired. Sprinkle in paprika, salt, black pepper and two tablespoons of sugar. Bring to a boil over medium heat and let boil for 10 minutes.

With wet hands shape the fish balls and carefully drop into boiling stock. Cover slightly and cook over medium-low heat for 2 hours. When done, let fish sit in the pot for 10 minutes, then remove pieces carefully to containers and strain remaining stock over fish balls, just barely covering them. Chill and serve. They will now keep in the refrigerator for up to 6 days.

Spicy Fish Soup

Ingredients

1/2 onion, chopped
1 clove garlic, minced
1 tablespoon chili powder
1 1/2 cups chicken broth
1 (4 ounce) can canned green chile peppers, chopped
1 teaspoon ground cumin
1 1/2 cups canned peeled and diced tomatoes
1/2 cup chopped green bell pepper
1/2 cup shrimp
1/2 pound cod fillets
3/4 cup plain nonfat yogurt

Directions

Spray a large saucepan with the vegetable cooking spray over medium high heat. Add the onions and saute, stirring often, for about 5 minutes. Add the garlic and chili powder and saute for 2 more minutes.

Then add the chicken broth, chile peppers and cumin, stirring well. Bring to a boil, reduce heat to low, cover and simmer for 20 minutes.

Next, add the tomatoes, green bell pepper, shrimp and cod. Return to a boil, then reduce heat to low, cover and simmer for another 5 minutes. Gradually stir in the yogurt until heated through.

Sauced Fish

Ingredients

2 tablespoons butter
1/3 cup mayonnaise
1/3 cup sour cream
1/4 cup fresh lemon juice
1 pound cod fillets

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a mixing bowl, combine butter, mayonnaise, sour cream and lemon juice.

Place cod fillets in a 8x8 inch baking dish. Pour mayonnaise mixture over fish.

Bake in a preheated oven for 30 minutes or until fish flakes easily with a fork.

Fish Supreme

Ingredients

2 (6 ounce) fillets cod
salt and pepper to taste
1 cup tomato sauce
3 potatoes, peeled and sliced
paper-thin

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place fish fillets in a 8x12 inch baking dish and season with salt and pepper. Pour tomato sauce over fillets and layer sliced potatoes on top. Season to taste with salt and pepper. Loosely cover dish with foil.

Bake in the preheated oven for 15 to 20 minutes or until fish flakes with a fork and potatoes are tender.

Gingery Fish Kabobs

Ingredients

2 cups pineapple juice
1 tablespoon cornstarch
2 tablespoons light soy sauce
(50% less sodium)
1 1/2 tablespoons white vinegar
2 garlic cloves, crushed
3 tablespoons minced fresh ginger
1 1/4 pounds raw firm fish, such
as salmon, tuna or halibut, cut in
chunks
4 cups fresh pineapple in large
chunks (or substitute canned
pineapple chunks)
1 large red onion, cut in wedges

Directions

In a small saucepan, dissolve cornstarch in pineapple juice. Add soy sauce, vinegar, garlic and ginger. Simmer until slightly thickened, about 7 minutes. Let cool. Add fish and pineapple to sauce and marinate in the refrigerator for 30 minutes.

Thread fish, pineapple and onion on skewers. Place on a hot grill (or under a broiler) until fish is done to your liking.

Serve with rice. Heat marinade and use as a sauce over fish and rice.

Manuela's Fish Cakes

Ingredients

1 pound small potatoes, scrubbed
1/2 (3 ounce) fillet skinless,
boneless halibut fillets
1/2 pound skinless, boneless
salmon fillets
2 cups milk
2 eggs, divided
2 tablespoons butter
1 pinch ground nutmeg
1 dash Worcestershire sauce
salt and pepper to taste
1 cup dried bread crumbs,
seasoned
1 cup oil for frying

Directions

Place the potatoes into a saucepan with enough water to cover. Bring to a boil, and cook until tender, about 15 minutes.

Meanwhile, place the halibut and salmon into a skillet or large saucepan, and pour in the milk. Bring to a simmer, cover, and cook until fish flakes easily with a fork, about 5 minutes depending on the thickness of your fillets. Drain off milk, and set fish aside.

When potatoes are done, drain, and place in a large bowl. Mash potatoes with one of the eggs and the butter until fairly smooth. Season with nutmeg, Worcestershire sauce, salt and pepper. Mix in the fish, taking care not to break into too small of pieces.

Beat the remaining egg, and place on a plate. Place bread crumbs on a separate plate. Lightly flour your hands, and form the fish mixture into patties. Dip each patty into the egg, then coat with breadcrumbs. Place the fish cakes on a plate, and refrigerate for 30 minutes.

Heat 1/4 inch of oil in a large heavy skillet over medium to medium-high heat. Fry the fish cakes for about 3 minutes per side, or until golden brown. Drain on paper towels, and serve fresh and hot.

Pretzel Coated Fried Fish

Ingredients

1 quart oil for frying
3/4 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon ground black pepper
1 pound frozen cod fillets, thawed
2 eggs
3/4 cup crushed pretzels

Directions

Heat the oil in a deep fryer to 350 degrees F (175 degrees C).

Mix the flour, salt, and pepper in a large resealable plastic bag. Place cod in the bag, and gently shake to coat. Place eggs and crushed pretzels in two separate shallow dishes. Dip coated cod in the eggs, then in the crushed pretzels.

Fry coated fish 10 minutes in the preheated oil, turning once, until golden brown and easily flaked with a fork.

Chinese Steamed White Fish Fillet with Tofu

Ingredients

1 Thai chile, chopped
2 cloves garlic, chopped
1 (1/2 inch) piece fresh ginger, minced
1 tablespoon black bean sauce

2 tablespoons dark soy sauce
2 tablespoons white soy sauce
1 tablespoon vegetable oil
1 tablespoon white sugar
1 pinch white pepper
1 tablespoon cornstarch
1 tablespoon cold water
3/4 pound white fish fillets

1 (16 ounce) package tofu, drained and cubed
1 cup green onion, finely chopped

Directions

Bring about 1 1/2 inches of water to boil in a pot fitted with a steamer basket.

In a large bowl, stir together the chile, garlic, ginger, and black bean sauce. Stir in dark and white soy sauces, vegetable oil, sugar, and white pepper. In a small cup, mix together the cornstarch and water. Stir into the sauce. Cut fish fillets into thin strips, add to bowl, and coat well.

When water in steamer has reached a boil, carefully place the tofu cubes in a single layer in the basket, and steam, covered, for 2 minutes. Place the fish strips on top of the tofu; cover and steam for another 3 minutes.

Remove and garnish with chopped green onion. Serve with steamed white rice and stir-fried or steamed Asian vegetables.

Baked Milk Fish

Ingredients

- 1 1/2 pounds cod fillets
- 1 1/2 cups 1% milk
- 1 onion, chopped
- 1 teaspoon lemon pepper
- 1 teaspoon dried parsley
- salt to taste
- 1 tablespoon lemon juice

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly coat an 8x8 baking dish with cooking spray.

Rinse cod filets and pat dry. Place fish in a single layer in the baking dish. Mix together milk, onion, lemon pepper, parsley and salt; pour over fish filets. Drizzle filets with lemon juice.

Bake in preheated oven for 15 minutes, or until fish is firm and can be flaked with a fork.

Corn Crusted Red Fish

Ingredients

1 1/2 cups fresh corn kernels
1 tablespoon red bell pepper,
chopped
1 tablespoon red onion, chopped
1 tablespoon cornstarch
4 (5 ounce) red snapper fillets
1 teaspoon Creole seasoning, or
to taste
1 cup all-purpose flour
3 egg whites, lightly beaten
1 tablespoon vegetable oil

Directions

Preheat an oven to 350 degrees F (175 degrees C). Combine corn kernels, bell pepper, onion, and cornstarch in a bowl; set aside.

Sprinkle the Creole seasoning over the red snapper. Dredge the fish in the flour, then dip them in the egg whites. Coat both sides of the fish by pressing the corn mixture into the egg whites.

Heat the vegetable oil in an oven-safe skillet over medium-high heat. Arrange the fillets in the skillet and fry until golden, about 5 minutes on each side. Place the skillet in the preheated oven and continue cooking until the fish flakes easily with a fork, about 5 more minutes.

Anaheim Fish Tacos

Ingredients

1 teaspoon vegetable oil
1 Anaheim chile pepper, chopped
1 leek, chopped
2 cloves garlic, crushed
salt and pepper to taste
1 cup chicken broth
2 large tomatoes, diced
1/2 teaspoon ground cumin
1 1/2 pounds halibut fillets
1 lime
12 corn tortillas

Directions

Heat the oil in a large skillet over medium heat, and saute the chile, leek, and garlic until tender and lightly browned. Season with salt and pepper.

Mix the chicken broth and tomatoes into the skillet, and season with cumin. Bring to a boil. Reduce heat to low. Place the halibut into the mixture. Sprinkle with lime juice. Cook 15 to 20 minutes until the halibut is easily flaked with a fork. Wrap in warmed corn tortillas to serve.

Fisherman Stew

Ingredients

2 cups water
1 pound cod fillets, cubed
1 clove garlic, minced
1 tablespoon olive oil
1 onion, chopped
1/4 cup chopped almonds
1/4 cup dried bread crumbs,
seasoned
2 cups vegetable broth
2 tomatoes, chopped
1/4 teaspoon paprika
1/4 teaspoon ground black
pepper
salt to taste

Directions

In large saucepan or Dutch oven, bring water to a boil over high heat. Once boiling add fish and garlic. Cover and reduce heat to low and simmer for 15 minutes or until fish is opaque and flakes easily when tested with fork. Remove fish with slotted spoon and set aside. Keep stock in saucepan for later use, approximately 2 cups.

In a small nonstick saute pan, heat olive oil over medium heat until hot. Saute onions for approximately 5 minutes or until tender. Once onions are tender add almonds and bread crumbs, stirring for 3 to 5 minutes or until lightly browned.

Add onion and bread crumb mixture to reserved fish stock along with the vegetable broth, tomatoes, paprika and pepper. Add fish; cover and cook over medium heat until fish is heated through. Season to taste with salt. Serve hot!!

Macaroni and Tuna Fish Salad

Ingredients

1 (16 ounce) package macaroni
2 (6 ounce) cans tuna, drained
1/4 cup mayonnaise
salt and pepper to taste
garlic powder to taste
1 pinch dried oregano
1 onion, finely chopped

Directions

Bring a large pot of lightly salted water to a boil. Add macaroni and cook for 8 to 10 minutes or until al dente; drain and cool under running water.

Mix both cans of tuna into the cooled pasta. Add the mayonnaise. Use more or less to your taste. You want just enough to get the flavor into the salad, but not enough to see the white of the mayonnaise on the noodles. Stir in salt, pepper, garlic powder, oregano and onion.

Cod Fish Cakes

Ingredients

2 large potatoes, peeled and halved
1 pound cod fillets, cubed
1 tablespoon butter
1 tablespoon grated onion
1 tablespoon chopped fresh parsley
1 egg
3 tablespoons oil for frying

Directions

Place the potatoes in a large pot of water, bring the water to a boil. Let the potatoes cook until they are almost tender.

Add the fish to the pot and let the fish and potatoes cook until they are both soft. Drain well and transfer the potatoes and fish to a large mixing bowl.

Add butter, onion, parsley, and egg to the bowl; mash the mixture together. Mold the mixture into patties.

Heat oil in a large skillet over a medium-high heat. Fry the patties on both sides until golden brown. Drain on paper towels before serving.

Fish Chowder

Ingredients

2 tablespoons butter
2 cups chopped onion
4 fresh mushrooms, sliced
1 stalk celery, chopped
4 cups chicken stock
4 cups diced potatoes
2 pounds cod, diced into 1/2 inch cubes
1/8 teaspoon Old Bay Seasoning
TM, or to taste
salt to taste
ground black pepper to taste
1 cup clam juice
1/2 cup all-purpose flour
2 (12 fluid ounce) cans evaporated milk

Directions

In a large stockpot, melt 2 tablespoons butter over medium heat. Sauté onions, mushrooms and celery in butter until tender.

Add chicken stock and potatoes; simmer for 10 minutes.

Add fish, and simmer another 10 minutes.

Season to taste with Old Bay seasoning, salt and pepper. Mix together clam juice and flour until smooth; stir into soup. Remove from heat, and stir in evaporated milk. Serve.

Silver Fish

Ingredients

1 (1.5 fluid ounce) jigger vodka
1 (1.5 fluid ounce) jigger Scotch
whiskey
1 (1.5 fluid ounce) jigger gin
2 cups chicken broth
2 cups crushed ice
2 sprigs fresh mint, garnish

Directions

In a mixing glass, combine vodka, Scotch, gin and chicken broth. Mix well and serve over crushed ice. Garnish with a sprig of mint.

Potato Soup with Fish and Cheese

Ingredients

4 tablespoons margarine
1 teaspoon paprika
2 small onion, chopped
4 cups water
10 potatoes, diced
2 cups half-and-half cream
1/2 pound cod fillets, cubed
2 eggs, lightly beaten
1 1/2 cups shredded Muenster
cheese
salt to taste

Directions

Melt the butter or margarine in a large saucepan, and add the paprika. Saute the onions in this mixture until they are soft. Add the water, bring it to the boil, and add the potatoes. Simmer gently until the potatoes are almost done. Depending on the size of the potatoes it may be necessary to add more water during cooking.

Add cream or milk and the fish; continue cooking, stirring occasionally, until potatoes begin to fall apart. If they remain very firm, mash them gently in the pan with a masher or wooden spoon.

Add a little of the potato mixture to the beaten eggs, and then stir eggs into the soup. Remove from heat, and stir in the cheese. Correct the seasoning, and serve at once.

Fish and Things Teriyaki Marinade

Ingredients

2 cups soy sauce
3/4 cup brown sugar, divided
3/4 cup white sugar, divided
8 green onions, cut into 1 1/2 inch sections
4 slices fresh ginger root
1 clove garlic, chopped
1 cup honey

Directions

Combine soy sauce, 1/2 cup brown sugar, 1/2 cup white sugar, green onions, ginger and garlic in a 2 quart saucepan. Bring the mixture to a slight boil. Reduce the heat to low and simmer for 15 minutes.

Pour the remaining white and brown sugar and the honey into the saucepan. Bring to a boil. The mixture will rise and foam, when it does this and doubles in size remove the pan from heat and cool.

Fish Wellington

Ingredients

1 (1 pound) fillet cod
1/4 cup butter
2 tablespoons chopped onion
2 3/4 cups fresh mushrooms,
chopped
salt and black pepper to taste
4 1/2 ounces smoked salmon pate
2 tablespoons heavy cream
1 sheet frozen puff pastry, thawed
1 egg, beaten

Directions

Preheat oven to 425 degrees F (220 degrees C). Slice cod fillet in half horizontally to yield 2 thin slices; set aside.

In a skillet over medium heat, melt butter. Stir in onion and mushrooms, and cook until softened, 3-5 minutes. Season with salt and pepper; set aside to cool slightly.

In a medium bowl, blend the pate and cream. Mix in onions and mushrooms.

On a lightly floured surface, roll out the pastry to make 12x14 inch rectangle. Place 1 slice of the cod fillet in the center of the rectangle. Spread with 1/2 the pate mixture and layer with the other piece of fillet. Spread remaining pate mixture on top. Fold pastry edges over the filling towards the center, and seal with egg. Brush pastry on all sides with egg.

Bake 25 minutes in the preheated oven, or until golden brown. Serve warm.

Beer Batter Fish Made Great

Ingredients

2 quarts vegetable oil for frying
8 (4 ounce) fillets cod
salt and pepper to taste
1 cup all-purpose flour
2 tablespoons garlic powder
2 tablespoons paprika
2 teaspoons salt
2 teaspoons ground black pepper
1 egg, beaten
1 (12 fluid ounce) can or bottle
beer

Directions

Heat oil in a deep fryer to 365 degrees F (185 degrees C). Rinse fish, pat dry, and season with salt and pepper.

Combine flour, garlic powder, paprika, 2 teaspoons salt, and 2 teaspoons pepper. Stir egg into dry ingredients. Gradually mix in beer until a thin batter is formed. You should be able to see the fish through the batter after it has been dipped.

Dip fish fillets into the batter, then drop one at a time into hot oil. Fry fish, turning once, until both sides are golden brown. Drain on paper towels, and serve warm.

Creole Fish Soup

Ingredients

1 (28 ounce) can diced tomatoes, undrained
1 (15 ounce) can tomato sauce
1/2 cup chopped onion
1/2 teaspoon garlic powder
1/2 teaspoon celery salt
1/4 teaspoon dried thyme
1/8 teaspoon cayenne pepper
2 bay leaves
1 (16 ounce) package frozen mixed vegetables
1 pound fresh or frozen cod, cut into 3/4-inch pieces

Directions

In a soup kettle, combine the first eight ingredients; cover and simmer for 10 minutes. Add vegetables; cover and simmer for 10 minutes. Add fish; cover and simmer for 8-10 minutes or until the fish flakes easily with a fork. Discard the bay leaves.

Blackened Fish

Ingredients

- 1 tablespoon paprika
- 2 teaspoons dry mustard
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 teaspoon black pepper
- 1 teaspoon white pepper
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 3/4 cup unsalted butter, melted
- 6 (4 ounce) fillets trout
- 1/4 cup unsalted butter, melted

Directions

In a small bowl, mix together paprika, dry mustard, cayenne pepper, cumin, black pepper, white pepper, thyme and salt; set aside. Heat a heavy cast iron pan on high heat until extremely hot, about 10 minutes.

Pour 3/4 cup melted butter into a shallow dish. Dip each fillet into butter, turning once to coat both sides. Sprinkle both sides of fillets with spice mixture, and gently pat mixture onto fish.

Place fillets into hot pan without crowding. Carefully pour about 1 teaspoon melted butter over each fillet. Cook until fish has a charred appearance, about 2 minutes. Turn fillets, spoon 1 teaspoon melted butter over each, and cook until charred. Repeat with remaining fish.

Campbell's® Healthy Request® Cajun Fish

Ingredients

1 tablespoon vegetable oil
1 small green pepper, diced
1/2 teaspoon dried oregano leaves, crushed
1 (10.75 ounce) can Campbell's® Condensed Tomato Soup (Healthy Request® or regular)
1/3 cup water
1/8 teaspoon garlic powder
1/8 teaspoon ground black pepper
1/8 teaspoon ground red pepper
1 pound fresh or thawed frozen fish fillet*
Hot cooked rice, cooked without added salt

Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the green pepper and oregano and cook until the green pepper is tender-crisp, stirring often.

Stir the soup, water, garlic powder, black pepper and red pepper into the skillet. Heat to a boil. Place the fish into the soup mixture. Reduce the heat to low. Cover and cook for 5 minutes or until the fish flakes easily when tested with a fork. Serve with the rice.

Fabulous Fish

Ingredients

2 (2 ounce) packages kippers
(smoked herring), mashed
1 (2 ounce) can anchovy fillets,
chopped
10 pitted green olives, chopped
3 cloves garlic, peeled and
chopped
2 drops hot pepper sauce
4 drops soy sauce

Directions

In a medium bowl, mix the kippers, anchovy fillets, olives, garlic, hot pepper sauce and soy sauce.

Fish Stuffing Bake

Ingredients

1 cup water*
4 tablespoons butter or margarine
2 medium carrots, sliced
1 small green pepper, chopped
4 cups Pepperidge Farm® Herb Seasoned Stuffing
1 1/2 pounds fresh or thawed frozen firm white fish fillets (cod, haddock or halibut)
1 tablespoon lemon juice
1 tablespoon chopped fresh parsley

Directions

Mix water, 2 tablespoons butter, carrots and pepper in saucepan. Heat to a boil. Remove from heat. Add stuffing and mix lightly.

Spoon stuffing across center of 3-quart shallow baking dish. Arrange fish on each side of stuffing.

Melt remaining butter and mix with lemon juice and parsley. Spoon over fish.

Bake at 400 degrees F 15 minutes or until fish is done.

Russell's Fish Stew

Ingredients

1/4 cup olive oil
4 stalks celery
1/2 onion, diced
3 carrots, diced
3 cloves garlic, diced
1 (14 ounce) can stewed tomatoes
2 1/2 cups water
1 cup white wine
1 (8 ounce) bottle clam juice
1/4 cup sherry
2 cubes chicken bouillon
1/2 teaspoon red pepper flakes
salt and pepper to taste
1/2 bunch cilantro
1/2 pound medium shrimp -
peeled and deveined
1/2 pound white fish, cut into
small chunks

Directions

Heat the oil in a large pot over medium heat. Mix in the celery, onion, carrots, and garlic. Cook and stir until onion is tender. Stir in the tomatoes, water, wine, clam juice, and sherry. Dissolve bouillon cubes in the stew, and season with red pepper, salt, and pepper. Bring to a boil, reduce heat to low, and simmer 1 hour.

Mix the cilantro, shrimp, and fish into the stew. Continue cooking 5 minutes, or until shrimp is opaque and fish is easily flaked. Remove from heat, and allow to sit 10 minutes before serving.

Cathy's Amazing Fish Chowder

Ingredients

1 pound sliced bacon
1 large onion, chopped
5 medium potatoes, peeled and diced
1 1/2 pounds cod fillets, cut into 1 inch cubes
1 (12 fluid ounce) can evaporated milk
1/2 cup whole milk
2 tablespoons butter
salt and pepper to taste

Directions

Place bacon strips in a large stockpot over medium-high heat. Cook bacon until crisp, then remove to paper towels to drain. Drain grease from the pot, reserving about 1 tablespoon. Set heat to medium, and fry onions in the reserved bacon grease until tender, about 5 minutes.

Add potatoes, and fill pot with just enough water to cover them. Bring to a boil, then cook until potatoes are almost tender, about 5 minutes. Add fish pieces, evaporated milk, whole milk, and butter. Bring to a boil, then simmer over low heat for 30 minutes. Season with salt and pepper to taste. Ladle into bowls, and top with crumbled bacon pieces.

Seasoned Fish Crackers

Ingredients

3 (6 ounce) packages miniature Cheddar cheese fish-shaped crackers
1 (1 ounce) package ranch salad dressing mix
3 teaspoons dill weed
1/2 teaspoon garlic powder
1/2 teaspoon lemon-pepper seasoning
1/4 teaspoon cayenne pepper
2/3 cup vegetable oil

Directions

Place the crackers in a large bowl. Combine the remaining ingredients; drizzle over crackers and toss to coat evenly. Transfer to two ungreased 15-in. x 10-in. x 1-in. baking pans. Bake at 250 degrees F for 15-20 minutes, stirring occasionally. Cool completely. Store in an airtight container.

Fish Tacos

Ingredients

1 cup all-purpose flour
2 tablespoons cornstarch
1 teaspoon baking powder
1/2 teaspoon salt
1 egg
1 cup beer

1/2 cup plain yogurt
1/2 cup mayonnaise
1 lime, juiced
1 jalapeno pepper, minced
1 teaspoon minced capers
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1/2 teaspoon dried dill weed
1 teaspoon ground cayenne pepper

1 quart oil for frying
1 pound cod fillets, cut into 2 to 3 ounce portions
1 (12 ounce) package corn tortillas
1/2 medium head cabbage, finely shredded

Directions

To make beer batter: In a large bowl, combine flour, cornstarch, baking powder, and salt. Blend egg and beer, then quickly stir into the flour mixture (don't worry about a few lumps).

To make white sauce: In a medium bowl, mix together yogurt and mayonnaise. Gradually stir in fresh lime juice until consistency is slightly runny. Season with jalapeno, capers, oregano, cumin, dill, and cayenne.

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Dust fish pieces lightly with flour. Dip into beer batter, and fry until crisp and golden brown. Drain on paper towels. Lightly fry tortillas; not too crisp. To serve, place fried fish in a tortilla, and top with shredded cabbage, and white sauce.

Broccoli Fish Bake

Ingredients

1 (10 ounce) package frozen broccoli spears, cooked and drained
1 pound fresh or thawed frozen firm white fish fillets (cod, haddock or halibut)
1 (10.75 ounce) can Campbell's® Condensed Cream of Broccoli Soup
1/3 cup milk
1/4 cup shredded Cheddar cheese
2 tablespoons dry bread crumbs
1 teaspoon butter, melted
1/8 teaspoon paprika

Directions

Arrange broccoli in 2-quart shallow baking dish. Top with fish. Mix soup and milk and pour over fish. Sprinkle with cheese.

Mix bread crumbs, butter and paprika and sprinkle on top. Bake at 450 degrees F for 20 minutes or until fish is done.

Baked Fish Sandwiches

Ingredients

1 pound cod fillets
1 clove garlic, minced
1 lemon, cut into wedges
2 tablespoons butter, softened
1 pinch salt and ground black pepper to taste
2 tablespoons steak sauce
4 hamburger buns, split and toasted
2 tablespoons Ranch-style salad dressing

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the fish fillets in a shallow baking dish. Sprinkle with garlic, and squeeze lemon juice over them. Dot with pieces of butter.

Bake for 20 to 25 minutes in the preheated oven, until the fish flakes easily with a fork. Spread steak sauce on the cut side of the bottoms of the buns. Top with pieces of fish, then drizzle with Ranch dressing. Place the top buns over the filling, and serve.

Lemon Pepper Dill Fish

Ingredients

1 pound haddock fillets
1/2 cup butter
dried dill weed to taste
lemon pepper to taste
3 tablespoons fresh lemon juice

Directions

Place fish filets in a microwave-safe dish. Cut butter into pieces and place all over fish. Sprinkle with dill weed and lemon pepper. Drizzle fresh lemon juice all over the fish.

Cover and cook on high for 3 to 5 minutes or until the fish turns white.

Sweet and Sour Fish

Ingredients

1 pound halibut
1 tablespoon soy sauce
1 tablespoon all-purpose flour
2 cups oil for deep frying

1 green bell pepper, diced
1 onion, diced
1 (8 ounce) can pineapple chunks,
juice reserved
1 1/2 tablespoons white sugar
salt to taste
3 tablespoons ketchup
1 tablespoon water
1 teaspoon sesame oil
2 teaspoons all-purpose flour

Directions

Cut halibut into bite-size pieces. Place in a mixing bowl and combine with soy sauce and 1 tablespoon of flour. Let stand for 30 minutes. Meanwhile, heat oil in deep-fryer or heavy saucepan to 375 degrees F (190 degrees C).

Deep fry halibut pieces until golden brown. Drain on paper towels; set aside.

For the Sauce, saute green pepper, onion and pineapple in a medium skillet for 1 minute. Stir in reserved pineapple juice, sugar, ketchup, water, remaining 2 teaspoons of flour, sesame oil, and salt to taste. Cook until thickened, stirring occasionally.

Serve, by dipping fried halibut pieces into sauce, or pour the sauce over the fish.

Fish and Tamarind Soup

Ingredients

1 tablespoon vegetable oil
8 shallots, chopped
6 cloves garlic, crushed
1/2 teaspoon crushed red pepper
1/2 teaspoon ground turmeric
6 cups water
6 stalks lemon grass, ground
1/4 cup tamarind juice
salt to taste
2 pounds red snapper fillets, cut
into 1 inch pieces

Directions

Heat oil in a large saucepan over medium heat. Mix in shallots, garlic, crushed red pepper, and turmeric. Cook and stir until shallots are tender, about 5 minutes. Pour water into skillet, and mix in lemon grass and tamarind juice. Season with salt. Bring the mixture to a boil.

Stir snapper into boiling mixture. Cook 10 minutes, or until fish pieces are easily flaked with a fork.

Bermuda Fish Chowder

Ingredients

2 tablespoons vegetable oil
3 stalks celery, chopped
2 carrots, chopped
1 onion, chopped
1 green bell pepper, chopped
3 cloves garlic, minced
3 tablespoons tomato paste
4 cups clam juice
2 potatoes, peeled and cubed
1 (14.5 ounce) can peeled and diced tomatoes
2 tablespoons Worcestershire sauce
1 jalapeno pepper, seeded and minced
1 teaspoon ground black pepper
1 bay leaf
1 pound red snapper fillets, cut into 1 inch pieces

Directions

Heat oil in a large soup pot over medium heat. Add celery, carrots, onion, green pepper, and garlic; saute about 8 minutes.

Stir in tomato paste, and cook 1 minute. Add clam juice, potatoes, canned tomatoes with juice, Worcestershire sauce, jalapeno pepper, bay leaf, and ground black pepper. Simmer until potatoes are tender, stirring about every 30 minutes.

Add fish. Simmer until snapper is easily flaked with fork, about 10 minutes.

Fish Sinigang (Tilapia) - Filipino Sour Broth Dish

Ingredients

1/2 pound tilapia fillets, cut into chunks
1 small head bok choy, chopped
2 medium tomatoes, cut into chunks
1 cup thinly sliced daikon radish
1/4 cup tamarind paste
3 cups water
2 dried red chile peppers (optional)

Directions

In a medium pot, combine the tilapia, bok choy, tomatoes and radish. Stir together the tamarind paste and water; pour into the pot. Toss in the chili peppers if using. Bring to a boil, and cook for 5 minutes, or just until the fish is cooked through. Even frozen fish will cook in less than 10 minutes. Do not over cook or else the fish will fall apart. Ladle into bowls to serve.

Fish with Tahini Sauce

Ingredients

1 1/2 pounds catfish fillets
1/3 cup tahini
2 cloves garlic, minced
1/4 cup water
1/4 cup fresh lemon juice
salt to taste
1 tablespoon chopped fresh
parsley

Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease a baking dish and arrange the catfish in a single layer.

Bake in the preheated oven until the fish flakes easily with a fork, 45 to 60 minutes.

Meanwhile, whisk together the tahini, garlic, water, and lemon juice; season with salt. Once the fish is done, cut it into 1 inch cubes, and pour the tahini sauce overtop. Sprinkle with parsley to garnish.

Oat Crusted Fish

Ingredients

vegetable oil for frying
1 egg, beaten
1/3 cup milk
4 (6 ounce) fillets cod
2 tablespoons all-purpose flour for coating
2 cups quick-cooking oats
salt and pepper to taste

Directions

Warm oil in a large skillet over medium-high heat.

In a bowl, whisk together egg and milk. Coat cod fillets with flour; shake off excess. Dip cod in egg mixture; allow excess to drip off. Coat cod with oats.

Place fish one at a time in hot oil; fry about 2 1/2 minutes, then turn over, and fry about 2 1/2 minutes more. Remove to paper towels. Season to taste with salt and pepper.

Non-Dairy Fish Chowder

Ingredients

1/4 pound margarine
2 medium yellow onions, finely chopped
3 quarts water
1 3/4 pounds fresh or frozen haddock fillets, thawed and cut into 1/2 inch pieces
5 medium white potatoes, 1/2 inch dice
2 teaspoons salt
1 1/2 cups non-dairy creamer

Directions

In a large stock pot, melt margarine over medium high heat. Cook and stir chopped onion until translucent, but not darkened. Carefully add 3 quarts of water, increase heat to high, and bring to a low boil. Once boiling, stir in diced haddock and potatoes. Reduce heat to medium, and cook at a low boil for 30 minutes, stirring frequently to prevent sticking. Remove pot from heat, and allow to cool until mildly warm.

Stir non-dairy creamer into cooled soup, slowly and thoroughly to avoid lumps from forming. Season to taste with salt. Cover and refrigerate 8 hours, or overnight, to develop flavors.

To serve, reheat on the stove or in the microwave. Adjust seasoning as needed with salt. Serve with soda crackers and sweet pickles.

Almond-Topped Fish

Ingredients

1 tablespoon butter or stick margarine
1 small onion, thinly sliced
4 (6 ounce) fillets fresh or frozen cod or haddock, thawed
1 teaspoon seasoned salt
1/2 teaspoon dill weed
1/4 teaspoon pepper
1/4 cup grated Parmesan cheese
1/4 cup fat-free mayonnaise
1 tablespoon minced fresh parsley
1 tablespoon lemon juice
2 tablespoons sliced almonds, toasted

Directions

Place butter in a 13-in. x 9-in. x 2-in. baking dish; place in a 400 degrees F oven until melted. Spread butter over bottom of dish; cover with onion. Arrange fish over onion; sprinkle with salt, dill and pepper. Combine the Parmesan cheese, mayonnaise, parsley and lemon juice; spread over fish. Bake, uncovered, at 400 degrees F for 18-20 minutes or until fish flakes easily with a fork. Sprinkle with almonds.

Fish with Florentine Rice

Ingredients

1 (6.9 ounce) package chicken-flavored rice mix
2 tablespoons butter
2 3/4 cups water
1 (10 ounce) package frozen chopped spinach
1 pound orange roughy or tilapia fillets
1/4 cup slivered almonds, toasted

Directions

Set rice seasoning packet aside. In a large skillet, saute rice mix in butter. Add the water, spinach and contents of seasoning packet. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Top with the fish fillets. Cover and simmer for 5-10 minutes or until fish flakes easily with a fork. Sprinkle with almonds.

Ukha (Russian Fish Soup)

Ingredients

4 cups water
2 potatoes, cubed
1 onion, chopped
1 bunch fresh parsley, chopped
4 ounces cod fillets, cubed
1 lemon, juiced
salt and pepper to taste

Directions

Put water in a large saucepan and bring to a boil over high heat. Add the potatoes, onion and parsley. Heat for 10 to 15 minutes and add the fish. Heat for 10 more minutes, then squeeze in lemon juice and season with salt and pepper to taste.

Stuffed Fish in Puff Pastry

Ingredients

1/4 cup butter
1 cup finely chopped onion
1 cup minced celery
1 tablespoon chopped fresh parsley
8 ounces crabmeat
8 ounces shrimp, peeled, deveined and minced
1/4 cup dry vermouth
salt to taste
ground black pepper to taste
1/4 teaspoon hot pepper sauce
1/2 cup bread crumbs
1 (17.5 ounce) package frozen puff pastry sheets, thawed
2 pounds flounder fillets
2 egg yolks, beaten

Directions

To make the stuffing: Melt butter or margarine in a large saucepan over a medium-low heat. Sauté onion, celery, and parsley until all of the vegetables are just tender. Mix in crabmeat, shrimp, and vermouth. Season with salt, pepper and hot pepper sauce; cook until shrimp is finished cooking (it will be pink). Mix in bread crumbs, a little at a time. When the mixture holds together well, stop adding bread crumbs. Taste and add more seasoning (salt, pepper, and hot pepper sauce) if necessary. Set this mixture aside to let it cool.

Spray a baking sheet with non-stick cooking spray.

Roll 1 sheet of puff pastry onto a flat surface. The puff pastry, once rolled should be about 1/3 to 1/4 inch thick and large enough for you to lay the fish on top of it and still have puff pastry on the sides. Lay one of the fish fillets on top of the puff pastry. Spread the stuffing mixture evenly over the fish fillet. Place the remaining fillet over the stuffing. Trim the pastry around the fillets in roughly the shape of a fish. Save the trimmings.

Roll second sheet of puff pastry out to about 1/3 to 1/4 inch thick. Drape second sheet over stuffed fillets, making sure that there is enough of the top sheet to tuck under the bottom sheet of puff pastry. Trim the top sheet of pastry about 1/2 inch larger than the bottom sheet. Brush underside of top pastry sheet with water and tuck under bottom sheet of puff pastry pressing lightly to totally encase the fish and stuffing package. Place the sealed packet on the prepared baking sheet, and let it cool for 10 to 15 minutes.

While packet is chilling, roll out pastry scraps. From the scraps cut out fins, an eye and 'lips'. Attach cut-outs to chilled package with a little water. Use an inverted teaspoon to make indentations in puff pastry to resemble fish scales but do not puncture pastry. Chill entire package.

While the package is chilling, preheat the oven to 425 degrees F (220 degrees C).

Remove the fish from the refrigerator and brush the package with the egg yolks. Measure the thickness of the package at its thickest part. Bake for 15 minutes, then reduce the temperature to 350 degrees F (175 degrees C) and bake the fish for 10 extra minutes per inch of measured thickness. Test for doneness by inserting a thermometer into the package, when the temperature reaches 140

Spanish Fish

Ingredients

1 tablespoon olive or canola oil
1 large onion, thinly sliced
2 tablespoons diced pimientos
6 (6 ounce) fillets sea bass or halibut
1 1/4 teaspoons salt
1/4 teaspoon ground mace
1/4 teaspoon cayenne pepper
1/4 teaspoon pepper
6 tomato
1 cup thinly sliced fresh mushrooms
3 tablespoons chopped green onions
1/4 cup white wine or chicken broth
1 1/2 tablespoons butter or stick margarine
1/2 cup dry bread crumbs

Directions

Brush oil onto bottom of a 13-in. x 9-in. x 2-in. baking dish; top with onion and pimientos. Pat fish dry. Combine the salt, mace, cayenne and pepper; sprinkle over both sides of fish. Arrange fish over onions and pimientos. Top each fillet with a tomato slice; sprinkle with mushrooms and green onions. Pour wine or broth over fish and vegetables.

In a nonstick skillet, melt butter; add bread crumbs. Cook and stir over medium heat until lightly browned. Sprinkle over fish. Cover and bake at 350 degrees F for 20 minutes. Uncover and bake 20-25 minutes longer or until fish flakes easily with a fork.

Crispy Fish Fillets

Ingredients

1 egg
2 tablespoons prepared yellow mustard
1/2 teaspoon salt
1 1/2 cups instant mashed potato flakes
1/4 cup oil for frying
4 (6 ounce) fillets sole

Directions

In a shallow dish, whisk together the egg, mustard, and salt; set aside. Place the potato flakes in another shallow dish.

Heat oil in a large heavy skillet over medium-high heat.

Dip fish fillets in the egg mixture. Dredge the fillets in the potato flakes, making sure to completely coat the fish. For extra crispy, dip into egg and potato flakes again.

Fry fish fillets in oil for 3 to 4 minutes on each side, or until golden brown.

Tropical Fish Fillets

Ingredients

4 (6 ounce) fillets orange roughy or red snapper
3 tablespoons all-purpose flour
1 tablespoon butter or stick margarine
1/2 cup reduced-sodium chicken broth
2 tablespoons lime juice
1 tablespoon minced fresh cilantro
1 teaspoon grated lime peel
1/2 teaspoon ground coriander
1/4 teaspoon ground cumin

Directions

Coat fish fillet with flour. In a large nonstick skillet, melt butter. Add fillets; cook over medium-high heat for 3 minutes on each side or until fish flakes easily with a fork. Remove and keep warm. In the same skillet, add the remaining ingredients; cook for 2-3 minutes or until heated through, stirring constantly. Serve over fillets.

Spicy Fisherman's Pie

Ingredients

2 tablespoons olive oil
1 medium onion, chopped
1 medium carrot, chopped
1 cup heavy cream or single cream
3 pounds potatoes, peeled and chopped
1 (8 ounce) package Cheddar cheese, shredded
1/4 cup chopped fresh parsley
2 (6 ounce) fillets cod or other white fish fillets, cut into 1-inch pieces
1/4 teaspoon hot chili powder
3 tablespoons milk
1 tablespoon butter

Directions

Preheat the oven to 400 degrees F (200 degrees C). Lightly grease a 9x13 inch baking dish.

Place potatoes into a pot with enough water to cover. Bring to a boil, and cook until tender, about 10 minutes. Drain and mash with milk and butter until smooth.

Heat oil in a large skillet over medium heat. Fry onion and carrots in the oil until starting to soften. Season with salt, pepper and chili powder. Stir in the cream and parsley, and remove from the heat.

Place fish in an even layer in the bottom of the prepared baking dish. Pour the cream and vegetable mixture over the fish, then cover with a layer of mashed potatoes. Sprinkle shredded cheese over the top.

Bake for 40 minutes in the preheated oven, or until piping hot throughout.

Fish Batter with Newcastle™, ŷ Brown Ale

Ingredients

1 quart vegetable oil for frying
1/2 cup flour
1/2 cup cornmeal
1 teaspoon garlic salt
1/2 teaspoon garlic powder
1/2 teaspoon ground cinnamon
1 cup brown ale (such as
Newcastle™, ŷ brown ale)
1 pound cod fillets, cut into pieces

Directions

Heat oil in deep-fryer to 325 degrees F (165 degrees C).

Whisk together the flour, cornmeal, garlic salt, garlic powder, and cinnamon in a large bowl. Mix in beer until no dry lumps remain. Dip the cod into the batter, allow some of the excess to run off, then carefully place into the deep-fryer. Cook until golden brown and crispy on the outside, and the fish is easily flaked, about 8 minutes. Cook the fish in several batches to avoid over loading the deep fryer.

Curry Fish Stew

Ingredients

2 tablespoons soybean oil
1 medium onion, finely chopped
2 green onions, finely chopped
1 fresh red chile pepper, finely chopped
1 1/2 tablespoons chopped pimento peppers
2 tablespoons curry powder
1 pint light whipping cream
3/4 pound cod fillets, cut into 1 inch cubes
garlic powder to taste
salt and pepper to taste

Directions

Heat oil in a medium saucepan over medium heat. Stir in onion, green onions, red chile pepper, and pimentos. Cook and stir until onions are tender, about 5 minutes. Mix in curry powder, and continue to cook and stir 2 to 5 minutes.

Blend cream into the onion mixture, and simmer until thickened. Mix in cod, cooking 3 to 5 minutes, until easily flaked with a fork. Season with garlic powder, salt, and pepper.

Dianne's Fish Seasoning

Ingredients

- 1 tablespoon dried basil
- 1 tablespoon dried crushed rosemary
- 1 tablespoon dried parsley
- 2 teaspoons sea salt
- 2 teaspoons ground black pepper
- 2 teaspoons ground dried sage
- 2 teaspoons dried thyme leaves
- 2 teaspoons dried marjoram leaves
- 1 teaspoon dried oregano leaves
- 1 teaspoon celery salt
- 1 teaspoon garlic powder

Directions

Combine the basil, rosemary, parsley, sea salt, black pepper, sage, thyme, marjoram, oregano, celery salt, and garlic powder in a mixing bowl until evenly blended. Store in an airtight container.

Light and Spicy Fish

Ingredients

2 (6 ounce) fillets red snapper
1/4 teaspoon garlic powder
salt and ground black pepper to taste
1/4 cup picante sauce
1/2 lime, juiced

Directions

Preheat oven to 350 degrees F (175 degrees C). Place a sheet of aluminum foil onto a baking sheet, and grease lightly.

Place fillets onto the foil, and sprinkle with garlic powder, salt, and pepper. Spoon picante sauce over fillets, and squeeze lime juice over the top. Bring the sides of the foil together, and fold the seam to seal in the fish.

Bake in preheated oven for 15 to 20 minutes, or until fish flakes easily with a fork.

Fish and Veggies Primavera

Ingredients

1 tablespoon margarine, melted
4 fresh or frozen orange roughy fillets (6 ounces each), thawed
2 tablespoons lemon juice
1 pinch pepper
1 garlic clove, minced
1 tablespoon olive or vegetable oil
1 1/2 cups broccoli florets
1 cup cauliflowerets
1 cup julienned carrots
1 cup sliced fresh mushrooms
1/2 cup sliced celery
1/4 teaspoon dried basil
1/4 teaspoon salt
1/4 cup grated Parmesan cheese

Directions

Place margarine in a 13-in. x 9-in. x 2-in. baking dish; add fish and turn to coat. Sprinkle with lemon juice and pepper.

Bake, uncovered, at 450 degrees for 5 minutes.

Meanwhile, in a large skillet over medium heat, saute garlic in oil. Add the next seven ingredients; stir-fry until vegetables are crisp-tender, about 2-3 minutes. Spoon over the fish; sprinkle with cheese.

Bake, uncovered, at 450 degrees for 3-5 minutes or until fish flakes easily with a fork.

Creole Fish Soup

Ingredients

1 (28 ounce) can diced tomatoes, undrained
1 (15 ounce) can tomato sauce
1/2 cup chopped onion
1/2 teaspoon garlic powder
1/2 teaspoon celery salt
1/4 teaspoon dried thyme
1/8 teaspoon cayenne pepper
2 bay leaves
1 (16 ounce) package frozen mixed vegetables
1 pound fresh or frozen cod, cut into 3/4-inch pieces

Directions

In a soup kettle, combine the first eight ingredients; cover and simmer for 10 minutes. Add vegetables; cover and simmer for 10 minutes. Add fish; cover and simmer for 8-10 minutes or until the fish flakes easily with a fork. Discard the bay leaves.

Fish Stock

Ingredients

5 cups water
1/2 pound cod fillets, cubed
1 stalk celery, cut into 2 inch pieces
1 small onion, quartered and sliced thickly
1 bay leaf
1/2 teaspoon salt
1/2 teaspoon ground black pepper

Directions

Combine water, shrimp shells, fish, celery, onion, bay leaf, and salt and pepper in a large saucepan. Bring to rolling boil over high heat. Reduce heat to low, cover, and cook for approximately 1/2 hour or until fish falls apart.

Strain broth thoroughly, and discard solids. Be especially careful to remove all bones. Use as directed in any recipe that calls for fish stock.

Catch-Of-The-Day Fish

Ingredients

1 (5.5 ounce) package cheesy scalloped potatoes with skins
1 pound fresh or frozen fish fillets, thawed
16 lime wedges
2 slices lemon, halved
4 Ripe olive slices
8 pimentos, chopped

Directions

Prepare scalloped potatoes, following the package directions for stovetop method. Place fish in an ungreased 13-in. x 9-in.x 2-in. baking dish. Using tongs, arrange potatoes on fish to look like scales (see photo). Cover and bake at 450 degrees F for 8-10 minutes or until the fish flakes easily with a fork. Carefully transfer to serving plates. Garnish with lime for tails and fins, lemon for heads, olives for eyes, and pimiento for eyes and mouth.

Florns' Chinese Steamed Fish

Ingredients

1 pound red snapper fillets
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon grated fresh ginger
1 tablespoon soy sauce
2 teaspoons sesame oil
2 shiitake mushrooms, thinly sliced
1 tomato, quartered
1/2 fresh red chile pepper, seeded and chopped
2 sprigs cilantro, finely chopped

Directions

Bring about 1 1/2 inches of water to boil in a steamer fitted with a basket large enough for the snapper to lie flat. Season snapper with salt and pepper, and place in the steamer basket. Top fish with ginger, and drizzle with soy sauce and sesame oil. Place shiitake mushrooms, tomato, and red chile pepper in the steamer basket.

Steam fish 15 minutes, or until easily flaked with a fork. Sprinkle with cilantro.

Machhere Jhol (Bengali Fish Curry)

Ingredients

2 large tomatoes, coarsely chopped
2 teaspoons ground cumin
1 tablespoon ground turmeric
1/2 teaspoon salt
2 cups water
1 tablespoon vegetable oil
2 pounds thick whitefish fillets, cut into large chunks
1/2 teaspoon mustard seeds
1/2 teaspoon cumin seeds
1/2 teaspoon black cumin seeds
1/4 teaspoon fennel seeds, lightly crushed
1/4 teaspoon fenugreek seeds

Directions

Bring the tomatoes, cumin, turmeric, salt, and water to a boil in a four quart saucepan; reduce heat to medium and maintain a simmer.

Heat the oil in a skillet over medium-high heat; cook the fish in the oiled skillet until golden brown, 2 to 3 minutes per side. Transfer the fish to the saucepan.

Heat a separate skillet over medium heat, and toast the mustard seeds, cumin seeds, black cumin seeds, fennel seeds, and fenugreek seeds until fragrant, just a few seconds. Stir the spices into the saucepan. Simmer until the flavors integrate, about 10 minutes more. Serve hot.

Lime Fish Tacos

Ingredients

1 pound red snapper or orange roughy fillets
1 garlic clove, minced
7 teaspoons lime juice, divided
1/4 teaspoon white pepper
2 tablespoons reduced fat sour cream
2 tablespoons fat-free mayonnaise
1 dash hot pepper sauce
7 (8 inch) flour tortillas, warmed
2 tablespoons butter
1 cup shredded lettuce
1 cup chopped fresh tomato

Directions

Remove skin from fish and cut fish into 1-in. cubes. In a nonstick skillet, saute garlic in butter and 5 teaspoons lime juice for 30 seconds. Add fish and pepper. Cook for 6-8 minutes over medium heat until fish flakes easily with a fork.

Meanwhile, combine the sour cream, mayonnaise, hot pepper sauce and remaining lime juice. Place a spoonful of fish on each tortilla. Top each with lettuce, tomato and sour cream sauce; fold over.

Fish in a Red Sauce

Ingredients

1/4 cup olive oil
1/4 cup fresh parsley, minced
8 ounces pimento, chopped
salt and pepper
1 (28 ounce) can tomato puree
3 tomatoes, chopped
2 carrot, sliced
2 strips celery, sliced
2 cloves garlic, minced
water
3 tablespoons fresh lemon juice
6 (3 ounce) fillets cod
1 teaspoon white sugar

Directions

In a large saucepan, combine the parsley, pimento, salt, pepper, tomato sauce, and fresh tomatoes. Bring to a boil. Add carrots, celery and garlic. Cook until carrots are cooked, but still firm.

Stir in a little water and juice of 1 lemon. Place fish into pan without stirring. Baste fish with liquid. Add sugar.

When the fish is cooked, remove from heat. Let cool and serve cold

Tuna Fish Salad

Ingredients

1 (6 ounce) can tuna, drained
1 tablespoon chopped fresh parsley
1/4 cup chopped celery
1/2 cup mayonnaise
1/2 teaspoon lemon juice
1/4 cup chopped onion
1/4 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon ground black pepper
paprika to taste

Directions

In a large bowl, combine the tuna, celery, onion, mayonnaise, lemon juice, parsley, garlic powder, salt and pepper. Mix well and refrigerate until chilled. Sprinkle with paprika if desired.

Fish Steaks Dijon

Ingredients

1 3/4 cups Swanson® Chicken Stock
1 tablespoon Dijon-style mustard
1 teaspoon lemon juice
1/8 teaspoon ground black pepper
6 (4 ounce) swordfish steaks, 1-inch thick
1 tablespoon cornstarch

Directions

Stir the stock, mustard, lemon juice and black pepper in a small bowl. Pour 1 cup stock mixture into a shallow nonmetallic dish or gallon-size resealable plastic bag. Add the fish and turn to coat. Cover the dish or close the bag and refrigerate for 1 hour. Remove the fish from the marinade.

Lightly oil the grill rack and heat the grill to medium. Grill the fish for 10 minutes or until it's cooked through, turning the fish over halfway through cooking and brushing often with the marinade. Discard the marinade.

Heat the cornstarch and remaining stock mixture in a 1-quart saucepan over medium heat. Cook and stir until the mixture boils and thickens. Serve with the fish.

Moroccan Shabbat Fish

Ingredients

1 red bell pepper, cut into thin strips
3 cups sliced tomato
6 (6 ounce) tilapia fillets
2 tablespoons paprika
1 tablespoon chicken bouillon granules
1 teaspoon cayenne pepper
salt and pepper to taste
1/4 cup olive oil
1 cup water
1/4 cup chopped fresh parsley

Directions

Preheat an oven to 200 degrees F (95 degrees C).

Layer the sliced red peppers and sliced tomatoes in the bottom of a baking dish. Arrange the tilapia fillets on top of the vegetables.

Combine the paprika, chicken bouillon, cayenne, salt, pepper, olive oil, and water and mix well. Pour the seasoning mixture over the fish. Sprinkle with parsley.

Cover the baking dish with aluminum foil and bake in the preheated oven until the fish flakes easily with a fork and the vegetables are tender, about 1 hour.

Avocado Fish Tacos

Ingredients

2 Chilean Hass avocados
2 tablespoons lime juice
1 pound firm white fish, such as cod or halibut, cut into 2-inch chunks
1/4 cup flour
1/2 teaspoon salt
Pepper
1/4 cup oil for frying
2 cups red cabbage, shredded or finely sliced
1/3 cup bottled poppyseed dressing
1/2 teaspoon salt and pepper
4 (8 inch) flour or corn tortillas
Cilantro

Directions

Cut avocados in half, remove pit, and peel. Cut in chunks and sprinkle with lime juice. Set aside. In medium bowl toss shredded cabbage with poppyseed dressing, salt and pepper. Set aside.

Mix flour, salt and pepper in a deep plate with a fork. Dredge fish chunks in mixture. In large skillet over medium high heat, heat oil. Add fish chunks, cook until nicely browned on all sides.

Divide cabbage mixture between tortillas. Top with fish chunks, avocados and garnish with cilantro and additional lime or lemon slices.

Super Smoked Fish Dip

Ingredients

1/2 cup mayonnaise
1/2 cup sour cream
3 tablespoons chopped fresh dill
weed
1/2 pound smoked marlin

Directions

In a medium-sized mixing bowl, combine mayonnaise, sour cream, and dill. Mix well. Chunk or flake the smoked fish into the mixture, and gently fold until the dip is well combined.

Easy Mediterranean Fish

Ingredients

4 (6 ounce) fillets halibut
1 tablespoon Greek seasoning
(such as Cavender's®)
1 large tomato, chopped
1 onion, chopped
1 (5 ounce) jar pitted kalamata
olives
1/4 cup capers
1/4 cup olive oil
1 tablespoon lemon juice
salt and pepper to taste

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Place halibut fillets on a large sheet of aluminum foil and season with Greek seasoning. Combine tomato, onion, olives, capers, olive oil, lemon juice, salt, and pepper in a bowl. Spoon tomato mixture over the halibut. Carefully seal all the edges of the foil to create a large packet. Place the packet on a baking sheet.

Bake in the preheated oven until the fish flakes easily with a fork, 30 to 40 minutes.

Grilled Fish Sandwiches

Ingredients

4 (4 ounce) fillets cod
1 tablespoon lime juice
1/2 teaspoon lemon-pepper seasoning
1/4 cup mayonnaise
2 teaspoons Dijon mustard
1 teaspoon honey
4 hamburger buns, split
4 lettuce leaves
4 tomato slices

Directions

Brush both sides of fillets with lime juice; sprinkle with lemon-pepper. Coat grill rack with nonstick cooking spray before starting the grill. Grill fillets, covered, over medium heat for 5-6 minutes on each side or until fish flakes easily with a fork.

In a small bowl, combine the mayonnaise, mustard and honey. Spread over the bottom of each bun. Top with a fillet, lettuce and tomato; replace bun tops.

Primavera Fish Fillets

Ingredients

2 celery ribs, sliced
1 large carrot, cut into 2 inch julienne strips
1 small onion, chopped
1/4 cup water
2 tablespoons white wine or chicken broth
1/2 teaspoon dried thyme
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 pound frozen cod or haddock fillets, thawed

Directions

In a large skillet, combine the first six ingredients. Bring to a boil. Reduce heat; cover and simmer for 5-7 minutes or until vegetables are crisp-tender. Stir in soup until blended; return to a boil. Add fillets. Reduce heat; cover and simmer for 5-7 minutes or until fish flakes easily with a fork.

Cheesy Fish Fillets with Spinach

Ingredients

2 tablespoons butter
2 tablespoons flour
1 teaspoon instant chicken
bouillon
1 dash nutmeg
dash cayenne pepper
1 dash white pepper
1 cup milk
2/3 cup shredded Swiss or
Cheddar cheese
1 (10 ounce) package frozen
chopped spinach, thawed, well
drained
1 tablespoon lemon juice
1 pound fish fillets, cut into
serving pieces
1/2 teaspoon salt
2 tablespoons grated Parmesan
cheese
Paprika

Directions

Heat butter over low heat until melted. Stir in flour, bouillon, nutmeg, red pepper and white pepper; cook over low heat, stirring constantly, until mixture is smooth and bubbly. Stir in milk; heat to boiling and cook, stirring constantly, for 1 minute. Add cheese and cook, stirring constantly, just until cheese melts. Set aside. Place spinach in ungreased 12-in. x 7-1/2-in. baking dish or 8-in. square baking dish. Sprinkle with the lemon juice. Arrange fish on spinach; sprinkle with salt. Spread sauce over fish and spinach. Bake, uncovered, at 350 degrees F until fish flakes easily with a fork, about 20 minutes. Sprinkle with the Parmesan cheese and paprika; return to oven for 5 minutes.

Grilled Fish Steaks

Ingredients

1 clove garlic, minced
6 tablespoons olive oil
1 teaspoon dried basil
1 teaspoon salt
1 teaspoon ground black pepper
1 tablespoon fresh lemon juice
1 tablespoon chopped fresh
parsley
2 (6 ounce) fillets halibut

Directions

In a stainless steel or glass bowl, combine garlic, olive oil, basil, salt, pepper, lemon juice, and parsley.

Place the halibut filets in a shallow glass dish or a resealable plastic bag, and pour the marinade over the fish. Cover or seal and place in the refrigerator for 1 hour, turning occasionally.

Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.

Remove halibut filets from marinade and drain off the excess. Grill filets 5 minutes per side or until fish is done when easily flaked with a fork.

Wilma's Fish Casserole

Ingredients

3 cups soft bread cubes
1 onion, minced
1 pinch salt
1 pinch dried basil
1 pinch dried thyme
1 pinch ground savory
1 pinch dried marjoram
2 (10.75 ounce) cans condensed
cream of mushroom soup
1/2 cup butter
1/2 cup milk
1 1/2 pounds haddock fillets
1 cup crushed buttery round
crackers

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch baking dish.

Mix the diced bread, onion, salt and herbs together.

Combine the soup with milk, stirring until creamy.

In the bottom of the prepared dish, layer half of the fish, half of the bread mixture and half of the soup mixture. Repeat layers and cover top with cracker crumbs and dot with butter.

Bake uncovered in a preheated oven for 1 hour or until fish is flaky with a fork.

Favorite Fish Chowder

Ingredients

1 large onion, chopped
1/2 cup butter or margarine
4 cups water
6 cups diced peeled potatoes
2 pounds fresh or frozen cod
fillets, cut into large chunks
3 tablespoons lemon juice
2 cups milk
2 (12 fluid ounce) cans evaporated
milk
2 1/2 teaspoons salt
2 teaspoons pepper
Chopped fresh parsley

Directions

In a Dutch oven or soup kettle, saute onion in butter. Add water and bring to a boil. Add potatoes; cook for 10 minutes. Add fish and lemon juice; reduce heat and simmer for 10 minutes. Add milk, evaporated milk, salt and pepper. Garnish with parsley and serve piping-hot.

Mediterranean Baked Fish

Ingredients

1 cup thinly sliced leeks, white parts only
2 garlic cloves, minced
2 teaspoons olive oil
12 large fresh basil leaves
1 1/2 pounds orange roughy fillets
1 teaspoon salt
2 plum tomatoes, sliced
1 (2.25 ounce) can sliced ripe olives, drained
1 medium lemon
1/8 teaspoon pepper
4 sprigs fresh rosemary

Directions

In a nonstick skillet, saute leeks and garlic in oil until tender; set aside. Coat a 13-in. x 9-in. x 2-in. baking dish with nonstick cooking spray. Arrange basil in a single layer in dish; top with fish fillets. Sprinkle with salt. Top with leek mixture.

Arrange tomatoes and olives over fish. Thinly slice half of the lemon; place over the top. Squeeze juice from remaining lemon over all. Sprinkle with pepper.

Cover and bake at 425 degrees F for 15-20 minutes or until fish flakes easily with a fork. Garnish with rosemary.

Lenie's Herbal Fish

Ingredients

3 tablespoons olive oil
3 onions, thinly sliced
1 red bell pepper, thinly sliced
1/2 green bell pepper, sliced
3 shallots, thinly sliced
1/2 zucchini, thinly sliced
1/2 yellow squash, thinly sliced
1 large tomato, cubed
1/2 (6 ounce) can black olives, halved
2 tablespoons balsamic vinegar
salt and pepper to taste
2 pounds cod fillets
1/3 cup chopped fresh chives
1/3 cup chopped fresh basil leaves
1/3 cup chopped fresh cilantro

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a large frying pan. Stir in onions, red and green bell peppers and shallots. Cook 3 minutes. Stir in zucchini, squash, tomato, olives, and balsamic vinegar. Sauté until vegetables are just tender. Season with salt and pepper to taste.

Spread 1/2 of the vegetables into an oiled 9x11 inch baking pan. Cover the vegetables with 1/2 cup of the herbs.

Arrange the filets on top of the vegetables and herbs. Spread the second 1/2 of the vegetables over the fish and sprinkle the rest of the herbs onto the vegetables. Cover the dish with foil and bake for 25 minutes.

Grilled Fish Tacos with Chipotle-Lime Dressing

Ingredients

Marinade

1/4 cup extra virgin olive oil
2 tablespoons distilled white vinegar
2 tablespoons fresh lime juice
2 teaspoons lime zest
1 1/2 teaspoons honey
2 cloves garlic, minced
1/2 teaspoon cumin
1/2 teaspoon chili powder
1 teaspoon seafood seasoning, such as Old Bay®,
1/2 teaspoon ground black pepper
1 teaspoon hot pepper sauce, or to taste
1 pound tilapia fillets, cut into chunks

Dressing

1 (8 ounce) container light sour cream
1/2 cup adobo sauce from chipotle peppers
2 tablespoons fresh lime juice
2 teaspoons lime zest
1/4 teaspoon cumin
1/4 teaspoon chili powder
1/2 teaspoon seafood seasoning, such as Old Bay®,
salt and pepper to taste

Toppings

1 (10 ounce) package tortillas
3 ripe tomatoes, seeded and diced
1 bunch cilantro, chopped
1 small head cabbage, cored and shredded
2 limes, cut in wedges

Directions

To make the marinade, whisk together the olive oil, vinegar, lime juice, lime zest, honey, garlic, cumin, chili powder, seafood seasoning, black pepper, and hot sauce in a bowl until blended. Place the tilapia in a shallow dish, and pour the marinade over the fish. Cover, and refrigerate 6 to 8 hours.

To make the dressing, combine the sour cream and adobo sauce in a bowl. Stir in the lime juice, lime zest, cumin, chili powder, seafood seasoning. Add salt, and pepper in desired amounts. Cover, and refrigerate until needed.

Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.

Remove fish from marinade, drain off any excess and discard marinade. Grill fish pieces until easily flaked with a fork, turning once, about 9 minutes.

Assemble tacos by placing fish pieces in the center of tortillas with desired amounts of tomatoes, cilantro, and cabbage; drizzle with dressing. To serve, roll up tortillas around fillings, and garnish with lime wedges.

Crispy Fried Fish

Ingredients

- 1 egg
- 1 1/2 cups beer
- 1 cup all-purpose flour
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 pound cod fillets
- 2 cups crushed cornflake crumbs
- 1 teaspoon Cajun seasoning
- 1 quart oil for frying

Directions

In a medium bowl, beat together egg, beer, flour, garlic powder, salt, and pepper. Place cod in the bowl, and thoroughly coat with the mixture.

In a separate medium bowl, mix the cornflake crumbs and Cajun seasoning. Dip the cod in the crumb mixture, and thoroughly coat all sides.

In a large, heavy skillet or deep fryer, heat the oil to 365 degrees F (185 degrees C). Fry the fish until golden brown, and flesh is easily flaked with a fork.

Poor Man's Beer Batter Fish

Ingredients

1 cup beer, or as needed
1 (7 ounce) container shake and
pour buttermilk pancake mix
2 pounds trout fillets
1/2 cup oil for frying

Directions

Heat oil in a large skillet over medium heat.

Pour beer into the pancake mix container in place of the water it calls for. Make the batter as thick or thin as you prefer. Close the lid, give it a few shakes, and boom it's done.

Dip fish into the batter using a pair of tongs, or if you want to dirty a dish, pour the batter in a bowl first. If you cut your fish into smaller pieces, you can toss them into the container, close the lid and shake it a couple of times, then carefully remove the coated pieces.

Remove the fish from the batter using tongs, and place into the hot oil. Fry the fish until golden brown on both sides, 3 to 4 minutes per side.

Fish Fry Bake

Ingredients

1 (14 ounce) package breaded frozen fish sticks
1 (16 ounce) package frozen French fries
1 (10.75 ounce) can condensed cream of celery soup
3/4 cup milk
1/3 cup mayonnaise
1 teaspoon curry powder

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Line the bottom of a 9x13 inch baking dish with fish sticks. Sprinkle fries in a layer over the fish. Mix together the cream of celery soup, milk, and mayonnaise; pour over the fish and fries.

Bake uncovered for 45 minutes in the preheated oven. Cool slightly before serving.

Thai Fish Cakes

Ingredients

1 pound boneless fish fillets,
cubed
1/2 cup all-purpose flour
2 tablespoons oyster sauce
2 tablespoons sweet chili sauce
1 teaspoon fish sauce
1 teaspoon brown sugar
1/4 cup chopped fresh cilantro
4 green onions, sliced
1 egg
all-purpose flour
oil for frying

Directions

Combine fish, 1/2 cup flour, oyster sauce, sweet chili sauce, fish sauce, brown sugar, cilantro, green onions, and egg in a food processor. Process until well combined. Refrigerate for 30 minutes.

Shape mixture into patties, and dust with flour.

Pour enough oil into a heavy skillet to fill the pan with 1/2 inch of oil. Heat over medium-high heat until hot. Fry fish cakes for 8 minutes, turning once, or until golden brown.

Battered Balsamic Fish

Ingredients

2 cups olive oil for frying
1 red onion, sliced and separated into rings
1/2 cup balsamic vinegar
2 cups plain dry bread crumbs
1 cup self-rising flour
6 (6 ounce) fillets halibut

Directions

Heat 1/4 to 1/2 inch of oil in a large heavy skillet over medium heat. While that is warming, place the red onion onto a platter and sprinkle with balsamic vinegar.

Combine the bread crumbs and flour. Press fish into the mixture to coat on both sides. Fry in the hot oil until cooked through, about 5 minutes on each side.

Transfer to the dish of onions and allow to drain. Wait 5 minutes and then transfer to serving plates. Spoon some of the vinegar and onions over the top for show.

Dorsey's Fish & Oyster House Crab Cakes

Ingredients

1 1/2 teaspoons Old Bay Seasoning
2 tablespoons biscuit baking mix
1 tablespoon dried parsley
2 tablespoons mayonnaise
1 tablespoon prepared mustard
1 egg, beaten
1/4 teaspoon Worcestershire sauce
1 pound crabmeat
2 quarts vegetable oil for frying

Directions

Mix together Old Bay seasoning, baking mix, and parsley in a medium size mixing bowl. Stir mayonnaise, mustard, egg, and Worcestershire sauce into dry ingredients. Mix in crab meat gently. Form mixture into 6 to 8 balls.

Heat 1 inch oil in a large, heavy bottomed skillet to 365 degrees F (185 degrees C). Place balls in pan, and flatten slightly with a spatula. Flip the crab cakes over after 3 minutes, or when the crab cake is browned on one side. Continue frying until done. Drain on paper towels.

Simple Ranchy Breaded Fish Fillets

Ingredients

3/4 cup Italian seasoned bread crumbs
1 (1 ounce) package dry Ranch-style dressing mix
2 1/2 tablespoons vegetable oil
1 pound tilapia fillets
2 teaspoons butter

Directions

Place the bread crumbs in a bowl. In a shallow dish, mix the dressing mix and oil to form a paste. Coat the tilapia fillets with the paste, then dredge in the bread crumbs to lightly coat.

Melt the butter in a skillet over medium heat. Place the fillets in the skillet, and cook 5 minutes on each side, or until golden brown and easily flaked with a fork.

Quick and Easy Fish Tacos

Ingredients

30 breaded frozen fish sticks
1/2 cup vegetable oil
10 corn tortillas
1/2 pound finely shredded red cabbage
3/4 cup tartar sauce
3/4 cup salsa

Directions

Preheat oven to 400 degrees F (200 degrees C).

Arrange fish sticks in a single layer on a baking sheet, and bake 20 minutes in the preheated oven, or until crisp and golden brown. Remove from heat and cut into thirds.

Heat the vegetable oil in a skillet over medium-high heat. Fry the tortillas until soft. Drain on paper towels.

Fill the heated tortillas with fish stick portions, cabbage, tartar sauce, and salsa to serve.

Fish and Veggies Primavera

Ingredients

- 1 tablespoon butter, melted
- 4 fresh or frozen orange roughy fillets (6 ounces each), thawed
- 2 tablespoons lemon juice
- 1 pinch pepper
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 1/2 cups broccoli florets
- 1 cup cauliflowerets
- 1 cup julienned carrots
- 1 cup sliced fresh mushrooms
- 1/2 cup sliced celery
- 1/4 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 cup grated Parmesan cheese

Directions

Place the butter in a 13-in. x 9-in. x 2-in. baking dish; add fish and turn to coat. Sprinkle with lemon juice and pepper. Bake, uncovered, at 450 degrees F for 5 minutes.

Meanwhile, in a large skillet over medium heat, saute garlic in oil. Add the next seven ingredients; stir-fry until vegetables are crisp-tender, about 2-3 minutes. Spoon over the fish; sprinkle with Parmesan cheese. Bake, uncovered, at 450 degrees F for 3-5 minutes or until fish flakes easily with a fork.

Smoked Fish Pate

Ingredients

8 ounces smoked whitefish,
skinned and boned
1/4 cup mayonnaise
1/4 cup unsalted butter, at room
temperature
1/2 teaspoon Worcestershire
sauce

Directions

Place the whitefish, mayonnaise, butter, and Worcestershire sauce into a food processor. Pulse until the mixture is smooth.

Easy Bake Fish

Ingredients

3 tablespoons honey
3 tablespoons Dijon mustard
1 teaspoon lemon juice
4 (6 ounce) salmon steaks
1/2 teaspoon pepper

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a small bowl, mix honey, mustard, and lemon juice. Spread the mixture over the salmon steaks. Season with pepper. Arrange in a medium baking dish.

Bake 20 minutes in the preheated oven, or until fish easily flakes with a fork.

Fish In A Vegetable Patch

Ingredients

1 cup tomato sauce
1 cup diced celery
1/2 cup chopped green bell pepper
1/2 cup diced onion
1/3 cup diced carrots
2 tablespoons lemon juice
1 1/2 teaspoons Worcestershire sauce
1/2 tablespoon salt
1 pound halibut fillets
4 slices lemon, for garnish

Directions

In a small sauce pan, combine the tomato sauce, celery, green pepper, onion, carrots, lemon juice, Worcestershire sauce and salt. Bring to a boil. Reduce heat and simmer, covered, for 5 minutes.

Spoon vegetable mixture into a shallow 1 1/2 quart baking dish. Place fish filets over vegetables and spoon some of the sauce over the fish.

Bake, uncovered, at 400 degrees F (205 degrees C) for about 15 minutes or until fish flakes with a fork. Garnish with lemon twists and chopped celery.

Chinese-Style Steamed Fish

Ingredients

1 1/2 pounds halibut, cut into 4 pieces
3 green onions, cut into 3 inch lengths
2 fresh mushrooms, sliced
6 leaves napa cabbage, sliced into 4 inch pieces
2 slices fresh ginger root, finely chopped
2 cloves garlic, chopped
1/4 cup low-sodium soy sauce
1/8 cup water
crushed red pepper flakes to taste
fresh cilantro sprigs, for garnish

Directions

Arrange 1/2 of the green onions on the bottom of the steaming bowl (it is important to steam in a container in order to retain the steam and juices around the fish). Place 1/2 of the mushrooms and Napa cabbage sections on top of the onions. Place fish on top of the vegetables. Sprinkle ginger, garlic, and red pepper flakes over fish. Top with the remaining green onions, mushrooms, and napa cabbage. Drizzle soy sauce and water over everything.

Place steam bowl in a steamer over 1 inch of boiling water, and cover. Steam for 15 to 20 minutes, or until fish flakes easily. Garnish with cilantro, if desired.

Steamed Tuna Fish

Ingredients

2 pounds fresh tuna steaks
1/2 cup soy sauce
1/2 cup sherry
1/2 cup vegetable oil
1 bunch green onions, finely chopped
1/2 cup minced fresh ginger root
3 cloves garlic, minced
1 teaspoon salt
1 teaspoon ground black pepper

Directions

Place tuna steaks in a steamer over 1 inch of boiling water, and cover. Cook 6 to 8 minutes, or until fish flakes easily with a fork.

Meanwhile, in a medium saucepan, combine soy sauce, sherry, vegetable oil, green onions, ginger, garlic, salt, and black pepper. Bring to a boil.

Remove tuna steaks from steamer, and place in a serving dish. Pour sauce over tuna steaks, and serve immediately.

Fish and Chips

Ingredients

1 quart vegetable oil for frying
1 pound red snapper fillets
1 egg, beaten
1/2 cup dry bread crumbs

Directions

In a large heavy skillet, heat oil to 375 degrees F (190 degrees C).

Dip fillets into beaten egg and dredge in bread crumbs.

Gently slide fish into hot oil and fry until golden brown. Drain briefly on paper towels. Serve hot.

Mediterranean Fish Soup

Ingredients

1 onion, chopped
1/2 green bell pepper, chopped
2 cloves garlic, minced
1 (14.5 ounce) can diced tomatoes, drained
2 (14 ounce) cans chicken broth
1 (8 ounce) can tomato sauce
2 1/2 ounces canned mushrooms
1/4 cup sliced black olives
1/2 cup orange juice
1/2 cup dry white wine
2 bay leaves
1 teaspoon dried basil
1/4 teaspoon fennel seed, crushed
1/8 teaspoon ground black pepper
1 pound medium shrimp - peeled and deveined
1 pound cod fillets, cubed

Directions

Place onion, green bell pepper, garlic, tomatoes, chicken broth, tomato sauce, mushrooms, olives, orange juice, wine, bay leaves, dried basil, fennel seeds, and pepper into a slow cooker. Cover, and cook on low 4 to 4 1/2 hours or until vegetables are crisp tender.

Stir in shrimp and cod. Cover. Cook 15 to 30 minutes, or until shrimp are opaque. Remove and discard bay leaves. Serve.

Spicy Tuna Fish Cakes

Ingredients

1 large potato, peeled and cubed
2 (6 ounce) cans tuna, drained
1 egg
1/4 cup chopped onion
1 tablespoon Dijon mustard
1 tablespoon dry breadcrumbs, or as needed
1 1/2 teaspoons garlic powder
1 teaspoon Italian seasoning
1/4 teaspoon cayenne pepper
salt and pepper to taste
1 tablespoon olive oil

Directions

Place the potato into a small pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two, then mash the potato with a potato masher or fork in a large bowl.

Mix the tuna, egg, onion, Dijon mustard, bread crumbs, garlic powder, Italian seasoning, cayenne pepper, and salt and pepper into the mashed potato until well-blended. Divide the tuna mixture into 8 equal portions and shape into patties.

Heat the olive oil in a skillet over medium heat. Pan fry the tuna patties until browned and crisp, about 3 minutes on each side.

Fish Burger Surprise

Ingredients

1 (15 ounce) can mackerel, drained
1 (12 ounce) can tuna, drained
1 (15.5 ounce) can white hominy, drained
2 eggs
1 tablespoon olive oil
1 orange bell pepper, seeded and chopped
10 jalapeno peppers, seeded and chopped
1/2 large onion, minced
1 tablespoon jarred minced garlic
12 pitted prunes, finely chopped
1 teaspoon sea salt
1/2 teaspoon ground black pepper
2 tablespoons crushed red pepper flakes
1 cup seasoned (Italian-style) breadcrumbs
24 slices whole wheat bread
1 cup honey mustard
24 leaf lettuce - rinsed, dried and torn into bite-size pieces

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil and lightly grease.

Mash together the mackerel, tuna, and hominy in a large bowl until blended. Add the eggs, olive oil, orange bell pepper, jalapeno pepper, onion, garlic, and prunes. Season with salt, black pepper, and red pepper flakes. Stir until evenly combined, then fold in the bread crumbs. Form into 12 patties, and slightly flatten between your palms, place onto the prepared baking sheet.

Bake in preheated oven until hot and lightly browned, about 10 minutes.

While the surprise burgers are baking, toast the whole wheat bread, and spread with honey mustard. Place a lettuce leaf onto the mustard side of the bread. Place each burger between two slices of bread to serve. Serve either warm or cold.

Campbell's® Fish and Vegetable Skillet

Ingredients

1/4 cup water
2 tablespoons dry white wine (optional)
1/2 teaspoon dried thyme leaves, crushed
Generous dash ground black pepper
1 large carrot, cut into matchstick-thin strips
2 stalks celery, cut into matchstick-thin strips
1 small onion, chopped
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or Healthy Request)
1 pound firm white fish fillet (cod, haddock or halibut)

Directions

Place water, wine, thyme, black pepper, carrot, celery and onion in skillet. Heat to a boil. Cover and cook over low heat 5 minutes or until vegetables are tender-crisp.

Add soup and heat to a boil.

Add fish. Cover and cook over low heat 5 minutes or until fish flakes easily when tested with fork.

Fish Brodetto

Ingredients

1 pound lobster tail
1 pound sole fillets
1 pound medium shrimp - peeled and deveined
3 tablespoons lemon juice
1/4 cup olive oil
3 cloves garlic, minced
1 large onion, sliced
1 (15 ounce) can whole tomatoes
1 cup balsamic vinegar
3 cups red wine
2 quarts water
2 sprigs fresh basil leaves, torn
3 tablespoons chopped fresh parsley
salt and pepper to taste

Directions

Cut the lobster and sole into 1 inch chunks. Toss the lobster and sole with the shrimp and lemon juice, set aside.

Heat the olive oil in a large pot over medium heat. Add the garlic and onions; cook and stir until translucent. Pour in the tomatoes, vinegar, and wine; bring to a simmer and cook for about 10 minutes. Pour in water; add the marinated fish, basil, and parsley; simmer for about 30 minutes, until the lobster has cooked through. Season to taste with salt and pepper. Serve with a nice, crusty bread.

Fish with Cucumber-Orange Relish

Ingredients

1 (11 ounce) can mandarin oranges, drained
1 medium cucumber, seeded and chopped
1 green onion, thinly sliced
1/4 cup cider vinegar
1 teaspoon minced fresh dill
1/4 teaspoon salt
1/4 teaspoon pepper
4 (4 ounce) orange roughy fillets

Directions

For relish, in a small bowl, combine the first five ingredients; set aside. Combine salt and pepper; sprinkle over fillets. Place on a broiler pan coated with nonstick cooking spray. Broil 3-4 in. from the heat for 9-12 minutes or until fish flakes easily with a fork. Use a slotted spoon to serve relish with the fish.

Coconut Curry Fish

Ingredients

2 cups water
1 cup uncooked brown rice
1 tablespoon vegetable oil
1 large onion, chopped
3 cloves garlic, crushed
1 pound cod fillets, cut into chunks
1 1/2 tablespoons curry powder
2 teaspoons chili powder
1 teaspoon ground turmeric
1 teaspoon ground cumin
salt and pepper to taste
1 (14 ounce) can coconut milk
1 (16 ounce) package frozen stir-fry vegetables
1 tablespoon cornstarch

Directions

Bring the water and rice to a boil in a pot. Cover, reduce heat to low, and simmer 45 minutes.

Heat the oil in a skillet over medium-high heat. Stir in the onion and garlic, and cook 1 minute. Mix in cod, and season with curry powder, chili powder, turmeric, cumin, salt, and pepper. Pour in the coconut milk, and mix in frozen vegetables. Cover, and cook 10 minutes, or until vegetables are tender and cod is easily flaked with a fork.

Drain 1/2 cup liquid from the skillet into a bowl, and mix with cornstarch. Stir back into skillet to thicken sauce. Serve over the cooked rice.

Wonderful Fried Fish Tacos

Ingredients

1 cup dark beer
1 cup all-purpose flour
1/2 teaspoon salt
1 1/2 pounds cod fillets, cubed
1 quart vegetable oil for frying
20 (6 inch) corn tortillas
5 cups shredded cabbage
1 cup mayonnaise
1/4 cup salsa
1 lime, cut into wedges

Directions

In a shallow bowl, whisk together beer, flour, and salt.

Rinse fish, and pat dry. Cut into 10 equal pieces.

In a large saucepan, heat 1 inch oil to 360 degrees F (168 degrees C). Using a fork, coat fish pieces in batter. Slide coated fish into hot oil in batches; adjust heat to maintain oil temperature. Fry until golden, about 2 minutes. Lift out with a slotted spoon, and drain briefly on paper towels; keep warm. Repeat to fry remaining fish.

Stack 2 tortillas. Place a piece of fish and 1/2 cup cabbage in the center of the tortillas. Garnish with mayonnaise, lime wedges and salsa

Feta Tomato-Basil Fish

Ingredients

1/3 cup chopped onion
1 garlic clove, minced
2 teaspoons olive oil
1 (14.5 ounce) can Italian diced tomatoes, drained
1 1/2 teaspoons minced fresh basil
1 pound walleye, bass or other whitefish fillets
4 ounces crumbled feta cheese

Directions

In a saucepan, saute onion and garlic in oil until tender. Add tomatoes and basil. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.

Meanwhile, broil fish 4-6 in. from the heat for 5-6 minutes. Top each fillet with tomato mixture and cheese. Broil 5-7 minutes longer or until fish flakes easily with a fork.

Funco's Salmon Fish Cakes

Ingredients

2 potatoes, peeled and cubed
2 pounds boneless salmon fillets

2 cups dry bread crumbs
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon garlic powder
2 eggs
1 onion, minced
1/2 cup minced celery
1/2 cup chopped green onions
1/2 cup chopped green bell pepper
1/2 cup chopped fresh parsley
4 cloves garlic, minced
salt and black pepper to taste

1/2 cup butter
1/2 cup vegetable oil

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two in a large mixing bowl. Mash until no lumps remain, then refrigerate until cold.

While the potatoes are cooking, place the salmon fillets into a wide, shallow pan, and cover with lightly salted water. Bring to a simmer over medium-high heat. Once simmering, reduce heat to low, and cook until the salmon flakes easily with a fork and is opaque in the center, about 10 minutes. Drain the salmon, and refrigerate until cold.

Stir the bread crumbs, red pepper flakes, and garlic powder together in a bowl; set aside. Stir the eggs, onion, celery, green onion, bell pepper, parsley, and garlic into the mashed potatoes. Shred the chilled salmon with your fingers and place into the bowl with the mashed potatoes. Season to taste with salt and pepper, and gently stir the mixture until just blended. Divide into 1/4 cup portions, and shape into 1/2 inch thick patties. Carefully press the fish cakes into the seasoned bread crumbs, and place onto a plate - do not stack.

Heat the butter and oil in a large skillet over medium heat. Cook the fish cakes in batches until the bread crumbs are golden brown on both sides, and the fish cakes are hot in the center, 3 to 4 minutes per side.

Fish on a Plank

Ingredients

1 cedar plank
6 (5 ounce) mahi mahi fillets
1 cup bottled teriyaki sauce
2 mangos - peeled, seeded and diced
1/2 red bell pepper, seeded and chopped
4 green onions, chopped
1 tablespoon chopped fresh cilantro
1 jalapeno pepper, seeded and chopped
salt and pepper to taste
1/2 teaspoon garlic powder
1 teaspoon fresh lime juice

1 teaspoon lemon juice
2 teaspoons olive oil
1 teaspoon chipotle seasoning
1 teaspoon red pepper flakes
1 teaspoon hot-pepper sauce

Directions

In a medium bowl, combine the mangos, bell pepper, green onion, cilantro and jalapeno pepper. Season with salt, pepper, garlic powder and lime juice. Stir together then cover and refrigerate until serving to blend the flavors.

Soak the plank in water for at least 2 hours, longer if possible. Place the mahi mahi fillets in a shallow dish and coat with teriyaki sauce. Cover, and marinate for at least 1 hour.

Prepare a grill for indirect heat. If using charcoal, arrange and light coals under one half of the grill. Sprinkle lemon juice over the fish fillets and season with chipotle seasoning, red pepper flakes and hot pepper sauce. Place the fillets on the plank.

Place the plank on the grill over direct heat. Cover and cook for 10 minutes. Move the plank with the fish over to indirect heat (the cooler part of the grill), cover and cook for 10 more minutes or until fish can be flaked with a fork. Top fillets with mango salsa and serve hot.

Baked Fish with Shrimp

Ingredients

3 tablespoons butter
2 tablespoons all-purpose flour
1/2 teaspoon salt
1 cup milk
2 pounds red snapper fillets
1/2 pound cooked medium shrimp, peeled and deveined
1/4 cup grated Parmesan cheese

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a small saucepan, melt butter over medium low heat. Whisk in flour and salt to make a paste. Gradually whisk in milk. Stirring constantly, cook until sauce is thick enough to coat the back of a spoon.

Select a pan large enough to accommodate all the fillets in one layer. Coat with cooking spray. Arrange fish in pan, and cover with shrimp.. Pour white sauce over shrimp. Sprinkle with grated cheese.

Bake, uncovered, for 20 to 25 minutes.

Oyster Sauce Fish

Ingredients

2 pounds fish fillets
butter flavored cooking spray
2 teaspoons canola oil or corn oil
1/4 cup oyster sauce
lemon pepper
garlic powder

Directions

Heat oil in a large skillet over medium heat. Place fillets in skillet. Spray fillets with butter spray, and sprinkle with lemon pepper and garlic powder. Cook 4 to 5 minutes. Then pour in oyster sauce, and gently turn fillets. Cook until fish begins to flake, about 5 minutes.

Glazed Fish with Roasted Asparagus and Cherry

Ingredients

1 1/2 tablespoons olive oil
1 cup cherry tomatoes, halved
lengthwise
1 pound asparagus, trimmed
Salt and pepper as needed
1 teaspoon sesame oil
1 1/2 pounds white fish such as
cod, tilapia or haddock, cut into
serving portions
1 1/2 cups VH® Pad Thai Sauce

Directions

Place asparagus and cherry tomatoes on a baking sheet. Toss in olive oil and season with salt and pepper.

Place on middle rack of oven and broil on high for 3 minutes. Shake pan and continue to broil for 5 minutes longer or until the vegetables are tender. Set aside.

Heat oven to 400 degrees F (205 degrees C). Place fish in glass baking dish and cover with VH® Pad Thai sauce. Bake in oven for 15 minutes or until fish flakes easily. During the last five minutes place asparagus and tomatoes back in oven to heat through.

Fish in Ginger-Tamarind Sauce

Ingredients

1 tablespoon cooking oil
1 teaspoon mustard seed
2 tablespoons chopped fresh ginger
1 cup chopped onions
2 cups water
1 tablespoon tamarind paste
2 tablespoons coriander powder
1/2 teaspoon ground red pepper
salt to taste
1/2 pound cod fillets, cut into 1 inch cubes
fresh curry leaves (optional)

Directions

Heat oil in a saucepan over medium-high heat. Cook mustard seeds in hot oil until they begin to crackle. Stir in ginger and onion; cook for 5 minutes. Pour in water, and stir in tamarind paste. Bring to a boil, then season with coriander, chile powder, and salt. Reduce heat to medium-low, and cook on for 15 minutes, stirring occasionally.

Cook fish in sauce until fish is cooked through. Serve garnished with fresh curry leaves.

Brazilian Fish Stew

Ingredients

3 tablespoons lime juice
1 tablespoon ground cumin
1 tablespoon paprika
2 teaspoons minced garlic
1 teaspoon salt
1 teaspoon ground black pepper
1 1/2 pounds tilapia fillets, cut into chunks

2 tablespoons olive oil
2 onions, chopped
4 large bell peppers, sliced
1 (16 ounce) can diced tomatoes, drained
1 (16 ounce) can coconut milk
1 bunch fresh cilantro, chopped (optional)

Directions

Stir together the lime juice, cumin, paprika, garlic, salt, and pepper in a bowl. Add the tilapia and toss to coat. Cover and refrigerate at least 20 minutes, up to 24 hours.

Heat the olive oil in a large pot over medium-high heat. Quickly fry the onions in the oil 1 to 2 minutes. Reduce heat to medium. Add the bell peppers, tilapia, and diced tomatoes to the pot in succeeding layers. Pour the coconut milk over the mixture. Cover the pot and simmer 15 minutes, stirring occasionally. Stir in the cilantro and continue cooking until the tilapia is completely cooked through, another 5 to 10 minutes.

Fishboy's Beer Belly Shrimp

Ingredients

2 pounds large shrimp, peeled
and deveined with tails attached
1 cup beer
2 tablespoons chopped fresh
parsley
2 tablespoons vegetable oil
4 teaspoons Worcestershire sauce
1 clove garlic, minced
1/8 teaspoon salt
1/4 teaspoon ground black
pepper
1/8 teaspoon hot sauce

Directions

Combine all ingredients in a large bowl. Stir well to coat the shrimp. Place in a large shallow dish and refrigerate. Let marinate for 2 to 3 hours, stirring occasionally.

Heat oven broiler. Drain shrimp. Thread shrimp through neck and tail onto six 14-inch skewers so that shrimp will lie flat. Place skewers on a lightly greased rack of a broiler pan.

Broil 5 inches from heat for 3 minutes. Turn skewers and broil for an additional 1 to 2 minutes, or until shrimp turn pink. Serve warm with cold beer.

Tandoori Fish

Ingredients

1/3 cup vinegar
4 cloves garlic
1 tablespoon chopped fresh ginger
1/2 teaspoon salt
1 tablespoon cayenne pepper
1 tablespoon ground coriander
1 tablespoon ground cumin
1/2 cup vegetable oil
2 pounds thick catfish fillets, cut into large chunks

Directions

Blend the vinegar, garlic, ginger, salt, cayenne, coriander, cumin, and oil in a blender until you have a thick paste. Brush the fish chunks with the mixture to coat evenly and place in a shallow dish; pour the remaining marinade over the fish. Allow to marinate in refrigerator at least 4 hours.

Preheat the oven's broiler. Arrange the marinated fish in a broiler-safe dish, reserving the marinade.

Broil the fish under the preheated broiler on the oven's center rack for 10 minutes; turn the fish and brush with reserved marinade. Continue cooking until the fish flakes easily with a fork, about 7 minutes more. Serve hot.

Smoked Fish Pie

Ingredients

- 1 tablespoon olive oil
- 2 onions, halved and sliced
- 6 potatoes, peeled and cubed
- 2 cups frozen green peas
- 2 (6 ounce) salmon fillets, cut into 1 inch cubes
- 1 pound smoked haddock fillets, undyed, cut into 1 inch cubes
- 1 cup flaked or chopped smoked salmon
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 3 cups milk
- 1 1/2 cups Red Leicester cheese, grated
- 1 teaspoon ground nutmeg
- 1 teaspoon ground black pepper, or to taste
- 1/2 teaspoon salt

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Heat the oil in a skillet over medium heat. Add the onions; cook and stir until tender, 5 to 10 minutes.

Place the potatoes in a separate saucepan and fill with enough water to cover. Bring to a boil, then cook over medium heat until tender enough to pierce with a fork. Drain and transfer potatoes to the prepared baking dish.

Add the onions, salmon, haddock, and smoked salmon to the baking dish, tossing to mix.

In the same skillet that the onions were cooked in, melt the butter over medium heat. Stir in flour so there are no lumps. Cook and stir for a few minutes, then gradually stir in the milk. Simmer, stirring frequently, until the sauce begins to thicken. Season with nutmeg, salt, and pepper; remove from the heat. Stir in most of the Cheddar cheese until melted, reserving some to sprinkle over the top of the casserole. Pour the sauce over the contents of the baking dish, and sprinkle with the remaining Cheddar cheese.

Bake in preheated oven until the salmon is cooked through and the cheese on top is toasted, about 30 minutes.

Fish and Veggie Dish

Ingredients

2 zucchini, sliced
1 large potato, sliced
1 bunch green onions, chopped
2 large carrots, sliced
4 (4 ounce) fillets cod
1 tablespoon dried dill weed
2 roma (plum) tomatoes, sliced
1 fresh red chile pepper, seeded and chopped
1 tablespoon olive oil
1 tablespoon fresh lemon juice
sea salt to taste
coarsely ground black pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x12 inch baking dish.

In the baking dish, arrange the zucchini, potato, green onions, and carrots. Place the cod on top of the vegetables, and sprinkle with dill. Arrange tomato slices over the cod, and sprinkle with red chile pepper. Drizzle with olive oil and lemon juice, and season with sea salt and pepper.

Cover dish with aluminum foil, and bake 30 minutes in the preheated oven, until vegetables are tender and fish is easily flaked with a fork.

Baked Fish Creole

Ingredients

3 cups water
1 1/2 cups uncooked white rice
1/4 cup butter
1 onion, chopped
1 clove garlic, minced
2 stalks celery, chopped
1 green bell pepper, chopped
1/4 cup all-purpose flour
2 cups milk
1 teaspoon salt
1/4 teaspoon ground black pepper
1/2 teaspoon hot pepper sauce
1/2 cup chili sauce
1 pound cod fillets
2 tomatoes, sliced

Directions

Preheat oven to 400 degrees F (205 degrees C). Lightly butter a 9x13 inch baking dish. In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

In a Dutch oven, melt the butter over medium heat. Add the onions and garlic. Cook until tender about 4 minutes. Add the celery and pepper. Cook for 3 minutes. Do not brown add the flour and stir well. Cook for 3 minutes.

Stir in the milk and bring just to a boil. Season with salt, pepper and hot sauce. Stir in the chili sauce. Taste and adjust seasoning.

Place rice into the bottom of the prepared pan. Arrange the fish fillets over the rice in a single layer. Place the sliced tomatoes over the fish and pour the sauce over the top.

Bake at 400 degrees F (205 degrees C) for 20 minutes or until fish is just cooked and flakes easily with a fork.

Freedda's Fabulous Fish

Ingredients

1 pound cod fillets
1/2 cup butter, melted
1/4 cup soy-based steak
marinade
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon cayenne pepper
1 lemon, quartered
2 small tomatoes, thinly sliced

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place fish in a 13x9 inch baking dish or pan.

Pour butter, marinade, salt and pepper onto and around the fish. Squeeze the lemons onto the fish. Lay tomato slices over the top of the fish.

Bake for 30 minutes or until the fish is flaky.

Aunt Carol's Spinach and Fish Bake

Ingredients

1 (10 ounce) package frozen
chopped spinach, thawed and
squeezed dry
1 cup sharp Cheddar cheese
1/3 cup dry bread crumbs
1 egg, beaten
1 pound cod fillets
salt and pepper to taste

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a bowl, mix the spinach, 1/2 cup Cheddar cheese, about 5 tablespoons dry bread crumbs, and the egg. Spread the mixture into the bottom of a small baking dish. Arrange the cod fillets on top of the spinach mixture, and season with salt and pepper. Top with the remaining Cheddar cheese and bread crumbs.

Cover, and bake 20 minutes in the preheated oven, or until fish flakes easily with a fork.

Easiest Ever Fish Marinade

Ingredients

1/3 cup soy sauce
1/3 cup vegetable oil
1/3 cup bourbon whiskey
4 (4 ounce) fillets halibut

Directions

In a shallow dish, mix the soy sauce, vegetable oil, and bourbon whiskey. Place the halibut fillets in the dish, and marinate 30 minutes in the refrigerator.

Preheat the grill for high heat.

Lightly oil the grill grate. Place halibut on the grill, and discard marinade. Cook 5 minutes on each side, until easily flaked with a fork.

Indian Fish Curry

Ingredients

For the marinade:

2 teaspoons Dijon mustard
1 teaspoon ground black pepper
1/2 teaspoon salt
2 tablespoons canola oil

4 white fish fillets
1 onion, coarsely chopped
4 cloves garlic, roughly chopped
1 (1 inch) piece fresh ginger root, peeled and chopped
5 cashew halves
1 tablespoon canola oil
2 teaspoons cayenne pepper, or to taste
1/2 teaspoon ground turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon salt
1 teaspoon white sugar
1/2 cup chopped tomato
1/4 cup vegetable broth
1/4 cup chopped fresh cilantro

Directions

Mix the mustard, pepper, 1/2 teaspoon salt, and 2 tablespoons of canola oil in a shallow bowl. Add the fish fillets, turning to coat. Marinate the fish in the refrigerator for 30 minutes.

Combine the onion, garlic, ginger, and cashews in a blender or food processor and pulse until the mixture forms a paste.

Preheat an oven to 350 degrees F (175 degrees C).

Heat 1 tablespoon of canola oil in a skillet over medium-low heat. Stir in the prepared paste; cook and stir for a minute or two. Add the cayenne pepper, turmeric, cumin, coriander, 1 teaspoon salt, and sugar. Cook and stir for an additional five minutes. Stir in the chopped tomato and vegetable broth.

Arrange the fish fillets in a baking dish, discarding any extra marinade. Top the fish with the sauce, cover the baking dish, and bake in the preheated oven until the fish flakes easily with a fork, about 30 minutes. Garnish with chopped cilantro.

Chinese Fish

Ingredients

4 fresh or frozen orange roughy fillets (6 ounces each), thawed
1 tablespoon canola oil
1 cup water
1/3 cup sliced green onions
2 teaspoons cider vinegar
2 teaspoons reduced-sodium soy sauce
2 garlic cloves, minced
1/2 teaspoon Chinese five-spice powder
1/8 teaspoon crushed red pepper flakes
1/4 teaspoon salt
1/4 teaspoon ground ginger
1/2 teaspoon sesame oil

Directions

In a large nonstick skillet, cook fish in canola oil for 2 minutes. Turn and cook 2 minutes longer. Add the next nine ingredients. Cover and simmer for 4 minutes or until fish flakes easily with a fork. Sprinkle with sesame oil.

Ladolemono - Lemon Oil Sauce for Fish or

Ingredients

1/2 cup olive oil
1/4 cup lemon juice
1 teaspoon dried oregano
1 pinch salt
1 pinch pepper

Directions

In a small jar with a tight-fitting lid, combine the olive oil, lemon juice, oregano, salt and pepper. Seal, and shake until well blended. Use to brush onto chicken or fish when cooking, and set aside some for serving with the meal. Shake or stir before using, as the oil will separate.

Jean-Pierre's Cod Fish Soup

Ingredients

3/4 cup light mayonnaise
4 cloves garlic, crushed
1 teaspoon saffron powder
4 teaspoons dried bread crumbs
1 cup red pepper flakes

1/2 French baguette, sliced into
1/4 inch rounds

1 tablespoon olive oil
4 cloves garlic, minced
1/2 medium onion, chopped
1 leek, bulb only, chopped
1 pinch saffron powder
1 bay leaf
3/4 cup white wine
1/3 cup red wine
4 ounces cod fillets
1 cup water
1 cup beef broth
1 roma (plum) tomato, seeded and
chopped
1 1/2 teaspoons lemon juice
3 tablespoons chopped fresh
parsley, divided
1 tablespoon all-purpose flour
1/2 cup half-and-half cream
1 cup grated Gruyere cheese

Directions

In a small bowl, mix together the mayonnaise, 4 cloves of garlic, 1 teaspoon of saffron powder, bread crumbs, and red pepper flakes. Set aside.

Preheat the oven broiler. Arrange the baguette slices on a baking sheet. Place under the broiler for a few minutes to toast. Set aside to cool.

Heat olive oil in a stock pot or Dutch oven over medium heat. Add 4 cloves of garlic, onion, and leek; saute for a few minutes until tender. Add a pinch of saffron and the bay leaf. Pour in the white and red wines, then place the fish in the pan, and pour in enough water to cover the fish just barely. Simmer for about 10 minutes, turning the fish carefully as needed, until the fish flakes easily with a fork.

Remove the fish from the broth with a slotted spoon, and set aside. Pour in the beef broth, and simmer uncovered for about 10 minutes to burn off some of the alcohol, and reduce the broth. Remove the bay leaf, and transfer the broth to a blender. Add the tomato, lemon juice and parsley to the blender. Puree in batches if necessary, and return to the pot.

Whisk the flour and half-and-half into the pot, and set over medium heat. Whisk in about half of the mayonnaise mixture, or to taste. Return fish to the soup, and break into small pieces. Season to taste with salt and pepper, and heat through.

Spread the remaining mayonnaise mixture onto the toasted bread slices, and top with shredded Gruyere cheese. Ladle the soup into serving bowls, and float 1 or 2 slices of toast on the top.

Fish Tacos with Honey-Cumin Cilantro Slaw and

Ingredients

1 pound tilapia fillets, cut into chunks
1/2 cup fresh lime juice

1/3 cup fresh lime juice
2 tablespoons honey
1 tablespoon vegetable oil
1 teaspoon ground cumin

1/2 cup mayonnaise
2 chipotle chilies in adobo sauce
1 tablespoon adobo sauce from chipotle peppers
1/4 teaspoon salt
1/8 teaspoon cayenne pepper

1/3 cup all-purpose flour
2 eggs, lightly beaten
2 cups panko crumbs
salt and ground black pepper to taste
1 cup vegetable oil for frying

2 cups 3 color coleslaw blend
1 cup minced fresh cilantro leaves
8 (7 inch) flour tortillas, warmed

Directions

Place the tilapia chunks in a flat dish and pour 1/2 cup lime juice over the fish. Cover, and refrigerate at least 4 hours.

Meanwhile, make the honey-cumin sauce by whisking together 1/3 cup lime juice, honey, vegetable oil, and ground cumin a small bowl. Set aside until needed.

To make the chipotle mayonnaise dressing, place the mayonnaise, chilies, adobo sauce, 1/4 teaspoon salt, and cayenne pepper together in the bowl of a food processor. Pulse until smooth. Cover, and refrigerate until needed.

To bread the fish, place the flour, eggs, and panko crumbs in three separate shallow dishes. Season the fish with salt and pepper to taste. Dip the fish pieces first in the flour, coating evenly, and shaking off any excess. Dip next in the eggs, and last in the panko crumbs, patting the pieces to help the breadcrumbs hold. Set the fish aside on a plate.

To cook the breaded fish, pour 1 cup vegetable oil into a skillet to 1/4 inch deep. Heat the oil to 365 degrees F (185 degrees C) over medium heat. Cook the fish, turning until all sides are golden brown, and flesh is easily flaked with a fork. Drain on paper towels. Brush the fish with the honey-cumin sauce.

Mix the coleslaw and cilantro together in a bowl. Reserve 1/4 cup of the chipotle mayonnaise dressing, and pour the remaining dressing over the coleslaw mixture. Toss to coat evenly with the dressing.

Place the tortillas on a flat surface, and spread each with 1 tablespoon reserved chipotle mayonnaise dressing. Divide the fish between the tortillas. Top with the cilantro coleslaw.

Fish Roll Sauce

Ingredients

1/2 cup distilled white vinegar
3 eggs
2 teaspoons vegetable oil
2/3 cup white sugar
1 tablespoon mustard powder
1 tablespoon butter, melted
3 tablespoons all-purpose flour
1 teaspoon salt
1/2 teaspoon ground black pepper
1 cup milk
3 cups water

Directions

In a medium bowl, mix together eggs, oil, white sugar, mustard, melted butter, flour, salt, and pepper. Mix in milk and water. Set aside.

Heat vinegar in the top of a double boiler over boiling water. Gradually fold egg mixture into the hot vinegar. Cook until the sauce thickens, stirring constantly.

Mediterranean Fish Cakes

Ingredients

4 tablespoons olive oil, divided
6 ounces fresh bay scallops
1/2 medium onion
4 cloves garlic
5 sun-dried tomatoes, chopped
1 egg
1 bunch fresh parsley
6 basil leaves
2 fresh hot chile peppers, seeded
1 tablespoon Italian seasoning
1/2 cup bread crumbs
1 (9 ounce) can tuna, drained
1 (6.5 ounce) can shrimp, drained
4 tablespoons all-purpose flour

Directions

Heat 1 tablespoon olive oil in a skillet over medium-high heat. Stir in scallops; cook, turning until white on all sides. Drain, and set scallops aside to cool.

Place into a food processor the onion, garlic, sun-dried tomatoes, egg, and 1 tablespoon olive oil. Then add parsley, basil leaves, chiles, and Italian seasoning. Pulse on medium setting until finely chopped. Place scallops, tuna, and shrimp into food processor, and pulse on low. Gradually pour in breadcrumbs, continuing to pulse until the mixture becomes firm and slightly sticky but is not pureed to a paste (the seafood should maintain some texture).

Form the mixture into palm-size patties, about 1 inch thick. Place on a plate, cover, and refrigerate for 1 hour.

Heat 2 tablespoons olive oil in a large skillet over medium heat. Dredge patties lightly in flour; shake off excess flour, and place patties in skillet. Cook until golden brown on both sides.

Authentic Chinese Steamed Fish

Ingredients

1 (4 pound) whole rockfish,
dressed
1/4 cup vegetable oil
1 green onion, thinly sliced
diagonally
1 (1 inch) piece fresh ginger,
peeled and cut into matchstick
strips
1/2 cup soy sauce

Directions

Fill a large pot 1/2 full with water and place a bamboo steamer with lid on top of the pot. Bring to a rolling boil. Scrub the scales off of the fish and rinse with cold water. Place the fish onto a small metal plate, belly side down.

Place into the steamer and cover. Cook until the fish is no longer opaque and flakes easily, 10 to 12 minutes. Try not to take the lid off the pot until it is done steaming; this will ensure a fully-cooked and tender fish.

While the fish is steaming, combine the vegetable oil, green onions, and ginger in a small saucepan. Cook over medium-high heat until the ginger bubbles. Carefully pour the hot oil over the steamed fish. Drizzle with soy sauce to serve.

No Stir Fish Stew

Ingredients

1/2 pound bacon
7 small white potatoes, peeled
and sliced 1/4 inch thick
6 (3 ounce) fillets whitefish
3 large onions, peeled and thinly
sliced
salt and pepper to taste
2 (10.75 ounce) cans Manhattan
style clam chowder
1 (28 ounce) can crushed
tomatoes

Directions

Line the bottom of a large pot with bacon. Place a layer of potatoes over the bacon; then a layer of fish, in bite-size pieces; then a layer of onion slices, without separating the rings; and finally salt and pepper. Repeat layers, not including bacon, and finish with a final potato layer. Top with the chowder and crushed tomatoes. Pour in enough water so that all is covered.

Cover and simmer, without stirring, over medium heat, until potatoes are tender -- 1 hour.

Fish Fillets with Stuffing

Ingredients

2 tablespoons butter or margarine, melted
1/3 cup chicken broth
1/2 cup finely chopped onion
1/2 cup finely grated carrots
1/2 cup chopped fresh mushrooms
1/4 cup minced fresh parsley
1/2 cup dry bread crumbs
1 egg, beaten
1 tablespoon lemon juice
1 teaspoon salt
1/8 teaspoon pepper
2 1/2 pounds fish fillets (cod, halibut, pollock, etc.)
Paprika

Directions

In a large bowl, combine the first 11 ingredients and mix well. In a greased 13-in. x 9-in. x 2-in. microwave-safe dish, arrange the fillets with stuffing between them. Moisten paper towels with water; place over fish. Cook 15-16 minutes or until fish flakes easily with a fork, rotating dish occasionally. Sprinkle with paprika.

Carolina Fish Cakes

Ingredients

3 cups water
2 potatoes, peeled
1/3 cup minced onion
1/3 cup chopped green bell pepper
1/3 cup red bell pepper, chopped
1/3 cup chopped celery
2 tablespoons butter
3 1/2 cups cooked cod, boned and flaked
4 tablespoons all-purpose flour
2 tablespoons grated Parmesan cheese
1 teaspoon Old Bay Seasoning TM
1/4 teaspoon mustard powder
1/2 teaspoon salt
ground black pepper to taste
1/2 cup milk
1/2 cup dry bread crumbs

Directions

Preheat oven to 400 degrees F (200 degrees C). Grease two baking sheets. Bring 3 cups of water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash. Reserve 1 cup mashed potatoes; discard remainder.

In a large saucepan, saute onion, green and red bell pepper and celery in butter over medium high heat until tender. Turn heat to low and fold in flaked fish. Slowly mix in flour, cheese, Old Bay seasoning, dry mustard, salt, pepper, mashed potatoes and milk. Mix gently but thoroughly. Remove pan from heat.

With floured hands shape batter into cakes 1/2 inch by 3 inches. Coat with breadcrumbs.

If you are baking the fish cakes bake them for 10 minutes, flip the cakes and bake another 15 minutes until golden brown.

Tuna Fish Special

Ingredients

1 (6 ounce) can tuna, drained and flaked
1 cup frozen peas, thawed
1/2 cup chopped celery
1/4 cup sliced green onions
1/3 cup mayonnaise
1 teaspoon lemon juice
1/2 teaspoon soy sauce
1/8 teaspoon curry powder
1 dash garlic powder
2 tablespoons slivered almonds, toasted
1 cup chow mein noodles
Lettuce Leaves

Directions

In a bowl, combine tuna, peas, celery and onions. In another bowl, combine mayonnaise, lemon juice, soy sauce, curry powder and garlic powder; stir into tuna mixture. stir in almonds; top with noodles. Serve on lettuce if desired.