

Baked Stuffed Fish

If you don't mind using the oven, this is a great tasting dish and baking offers a completely different approach to our usual fish preparation.

6 slices of stale bread, crumbled
1 clove garlic, minced fine
½ onion, minced fine
2 tbsp butter/ margarine
¼ cup olive oil
½ tsp basil
¼ tsp black pepper (or to taste)

½ tsp salt (or to taste)
¼ tsp sage
1 tsp Old Bay Seasoning
½ c white wine
Hot water as needed, about ½ cup
½ to 1 lb of fresh fish fillets
Fresh lemon juice (or 1 tsp bottled lemon juice)

Saute onion and garlic in butter until soft. Add crumbled bread and enough hot water until the stuffing is a thick consistency, tossing lightly with a fork. Grease or spray the bottom of a casserole dish. Lay the fillets on the bottom of the casserole and sprinkle with lemon juice. Divide up the stuffing and place on top of each fillet. Mix olive oil, basil and white wine and pour over stuffed fish. Bake in a 400°F oven for 20 minutes. Serve with rice.