

Recipe for broiling or baking fresh or frozen fish
Filets - such as Pompano, Lemon Sole, Salmon,
Scrod or Stripped Bass

Marinade for six people

Juice of 2 lemons

1/2 tablespoon Lea & Perrin sauce

1/2 cup dry white wine

1/8 teaspoon white pepper

1/2 teaspoon salt

1 tablespoon vegetable oil

- Step # 1 Put all ingredients in a mixing bowl and stir well with wire whip.
- Step # 2 Put 6 (6 or 8 oz. size) filets one by one into marinade. Use hand to mix the fish with the marinade. Marinade fish for one hour, no less.
- Step # 3 Remove the filets from the marinade onto a broiling pan. Broil or bake the fish filets from 15 to 25 minutes according to the size of the fish.
- Remarks: If the fish is frozen - defrost first before putting the filets into the marinade.