

Mom's Quick and Juicy Fish

350°

1. Chop parsley and onions. Mince the clove of garlic.

*2 Tb chopped parsley
2 Tb chopped white onions
1 large clove of garlic*

2. Blend parsley, onions, and garlic with mayonnaise and white wine.

*1/4 cup + 2 Tb mayonnaise
Dash of white wine, or vermouth
Dash of lemon juice*

3. Spread herbed mayonnaise on top of fish fillets. Broil until dark spots appear, about four minutes.

*1/2 pound of fish fillets (scrod,
or sole)*

4. Move to middle of oven, change oven to bake at 350 degrees. Total cooking time is 12 minutes on average, for fairly thin fish fillets.

NOTES:

1. New oven takes 10 minutes to reduce heat to 350 after using broil. Can not leave fish in oven - gets overcooked. Better to use two ovens instead.
2. If very thin fish filets, must stack them on top of each other. This helps mayonnaise to cover the fish completely - and the fish won't get dried out. Need to check for doneness after only 10 minutes.

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Source: Ann Groszkiewicz
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Mom's Quick and Juicy Fish

350°

Double recipe

1. Chop parsley and onions. Mince the clove of garlic.

*1/4 cup = 4 Tb parsley
1/4 cup = 4 Tb onions
2 large clove of garlic*

2. Blend parsley, onions, and garlic with mayonnaise and white wine.

*1/2 cup + 1/4 cup
Dash of white wine*

3. Spread herbed mayonnaise on top of fish fillets. Broil until dark spots appear, about four minutes.

1 pound of fish

4. Move to middle of oven, change oven to bake at 350 degrees. Total cooking time is 12 minutes on average, for fairly thin fish fillets.

NOTES:

1. New oven takes 10 minutes to reduce heat to 350 after using broil. Can not leave fish in oven - gets overcooked. Better to use two ovens instead.
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