

TRUE DAT FISH

Use this recipe with American Red Snapper, Grouper, Flounder, Trout or Black Drum

INGREDIENTS:

- 2 (6-8 oz) American Red Snapper, Grouper, Flounder, Trout or Black Drum fillets
- 4 tbsp butter plus more for baking dish
- 1 garlic clove, minced
- 4 drops of Worcestershire sauce
- 1/2 tsp Cajun seasoning
- Fresh ground black pepper
- 2 tsp fresh parsley, minced
- 1 tsp chives
- 3 - 4 tbsp bread crumbs
- 2 tbsp parmesan cheese, freshly grated

INSTRUCTIONS:

Preheat oven to 400 degrees F.

Butter a baking dish and place fillets in the dish. In a skillet, melt 4 tbsp butter with garlic, Worcestershire sauce, Cajun seasoning, pepper, parsley and chives. Cook on low for 2 minutes.

Brush both sides of fish fillets with the butter and herb mixture.

Mix bread crumbs into the remaining butter mixture and sprinkle over the fillets.

Bake for 12 minutes or until fish flakes easily.

