



COOKING WITH JAN

February 21, 2018 ~ Recipes at Coborns & kokk.com

LENTEN RECIPES 2018 ~ Baked Fish



CRISPY FISH-TOPPED au GRATIN POTATOES

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| 1 BOX AU GRATIN POTATOES | 2 CUPS BOILING WATER |
| 1/2 CUP MILK | 2 TBLS BUTTER OR MARGARINE |
| 1 CUP SHREDDED CARROTS | 1/2 TSP DRIED DILL WEED |
| 11-12 OZ PKG FROZEN BREADED FISH FILLETS OR FISH STICKS | |

PREHEAT OVEN TO 425 DEGREES. IN UNGREASED 8" SQUARE GLASS BAKING DISH, MIX THE POTATOES, SAUCE MIX, BOILING WATER, MILK, BUTTER, CARROTS & DILL WEED. SPREAD EVENLY OVER THE BOTTOM OF THE DISH; ARRANGE FISH ON TOP. BAKE, UNCOVERED, ABOUT 35 MINUTES OR UNTIL THE POTATOES ARE TENDER. SERVE WITH GREEN SALAD AND ROLLS. MAKES 6 SERVINGS.

LEMON & PARMESAN CRUSTED BAKED SALMON

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| 1 1/4 LBS SALMON FILLETS | 2 TBLS MELTED BUTTER |
| 1/4 TSP SALT | 3/4 CUP FRESH WHITE BREAD CRUMBS |
| 1/4 CUP GRATED PARMESAN CHEESE | 2 TBLS THINLY SLICED GREEN ONIONS |
| 2 TSPS GRATED LEMON PEEL | 1/4 TSP DRIED THYME |

PREHEAT OVEN TO 375 DEGREES; SPRAY SHALLOW BAKING PAN WITH COOKING SPRAY. PAT THE SALMON FILLETS DRY WITH PAPER TOWEL; PLACE, SKIN SIDE DOWN, ONTO THE PAN. BRUSH WITH 1 TBLS OF THE MELTED BUTTER; SPRINKLE WITH SALT. MIX THE BREAD CRUMBS, CHEESE, ONIONS, LEMON PEEL & THYME IN SMALL BOWL. STIR IN THE REMAINING 1 TBLS OF BUTTER; PRESS THE BREAD CRUMBS EVENLY ONTO THE SALMON. BAKE, UNCOVERED, 15-25 MINUTES OR UNTIL THE SALMON FLAKES EASILY WITH FORK. SERVE IMMEDIATELY WITH MASHED POTATOES AND A GREEN SALAD OR VEGETABLE. MAKES 4 SERVINGS.

SEAFOOD ENCHILADAS

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| 2 TBLS BUTTER | 1/2 CUP CHOPPED ONIONS |
| 2 CLOVES GARLIC, FINELY CHOPPED | 3 TBLS FLOUR |
| 1 3/4 CUPS CHICKEN BROTH | 8 OZS SOUR CREAM |
| 2 CUPS SHREDDED MEXICAN CHEESE BLEND | 1 CAN CHOPPED GREEN CHILIES |
| 3—6 OZ CAN CRABMEAT, DRAINED & RINSED | 8 FLOUR TORTILLAS |
| 8 OZ PKG FROZEN COOKED PEELED SHRIMP, THAWED | 1 AVOCADO, PITTED, PEELED, CHOPPED |
| 2 TBLS FRESH LIME JUICE | 1/3 CUP PLUM TOMATOES, CHOPPED |
| 3 TBLS FRESH CILANTRO, CHOPPED | |

PREHEAT OVEN TO 350 DEGREES. IN SAUCEPAN, MELT THE BUTTER; ADD CHOPPED ONIONS & THE GARLIC AND COOK 3-4 MINUTES UNTIL SOFTENED. STIR IN FLOUR AND MIX UNTIL FLOUR IS BLENDED WITH THE BUTTER. ADD IN BROTH AND SOUR CREAM; STIR UNTIL SMOOTH. BRING TO A BOIL; COOK ABOUT 2 MINUTES, STIRRING CONSTANTLY, UNTIL SAUCE IS THICKENED. REMOVE FROM HEAT; STIR IN CHEESE UNTIL MELTED, THEN STIR IN CHILIES WITH LIQUID. IN BOWL, MIX 1 CUP OF THE CHEESE SAUCE, THE CRABMEAT AND THE SHRIMP. IN A 9X13 GLASS BAKING DISH, SPOON 1 CUP OF THE CHEESE SAUCE OVER THE BOTTOM. SPOON 1/2 CUP OF THE SEAFOOD MIXTURE ONTO EACH TORTILLA; ROLL UP, PLACE SEAM SIDES DOWN ON TOP OF SAUCE IN BAKING DISH. POUR THE REMAINING SAUCE OVER THE ENCHILADAS. COVER WITH FOIL; BAKE 30-35 MINUTES OR UNTIL BUBBLY. IN A MIXING BOWL, MIX THE LIME JUICE, THE CHOPPED TOMATOES, AVOCADOS & THE CILANTRO. JUST BEFORE SERVING, SPOON THE MIXTURE DOWN CENTER OF EACH ENCHILADA ON SERVING PLATES. MAKES 8 SERVINGS.

CRISPY OVEN BAKED FISH

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| 2 EGG WHITES | 2 TSPS WATER |
| 2/3 CUP ITALIAN STYLE BREAD CRUMBS | 1 TSP LEMON-PEPPER SEASONING |
| 1/2 TSP GARLIC SALT | 4 TILAPIA OR CATFISH FILLETS |
| 8 LEMON WEDGES | COOKING SPRAY |

PREHEAT OVEN TO 400 DEGREES. LINE COOKIE SHEET WITH FOIL; GENEROUSLY SPRAY FOIL WITH THE COOKING SPRAY. IN SHALLOW DISH, BEAT THE EGG WHITES WITH THE WATER UNTIL WELL BLENDED. IN ANOTHER SHALLOW DISH, MIX THE BREAD CRUMBS, LEMON-PEPPER SEASONING AND THE GARLIC SALT. DIP FISH FILLETS INTO THE EGG MIXTURE; COAT WITH THE BREAD CRUMBS. PLACE ON COOKIE SHEET; SPRAY FILLETS WITH COOKING SPRAY. BAKE 10 MINUTES; TURN FILLETS AND BAKE ANOTHER 5-10 MINUTES LONGER OR UNTIL FISH FLAKES EASILY WITH A FORK. PLACE FILLETS ON SERVING PLATES; GARNISH WITH LEMON WEDGES. SERVE WITH MASHED POTATOES AND A VEGETABLE. MAKES 4 SERVINGS.