

BAKED FISH

You will need:

- ✓ 1 whole fish (3-5lbs)
- ✓ Season to taste
- ✓ Oil or butter
- ✓ Stuffing

How to Prepare:

1. Preheat oven to 450 F
2. Remove or keep head and tail as desired
3. Scale and clean fish
4. Rub with CHIEF fish seasoning
5. Stuff and sew
6. Brush with oil or butter and place in a greased baking dish
7. Bake in preheated 450F oven for 10-15 mins. Then reduce heat and brown for a further 30-45 minutes
8. Allow about 10 minutes to a pound up to 4lbs and 5mins for each additional pound.

STUFFING FOR BAKED FISH

You will need:

- ✓ 4ozs. Soft bread crumbs
- ✓ 1 onion chopped
- ✓ Finely chopped chive & parsley
- ✓ Juice of 1 or 2 limes
- ✓ CHIEF salt and black pepper
- ✓ 2ozs butter
- ✓ 1 small green sweet pepper , chopped

How to Prepare:

1. Blend all the ingredients and mix well. Potato may be used instead of bread. Pigeon peas boiled and mashed with the above is delicious