

Bake/Broil Method

SUBSTITUTION: Basa: Tilapia, Sole, Flounder, Cod, Haddock, Orange Roughy, Red Snapper, Grouper, Tilapia, Walleye, Sea Bass

- 2 each fresh fish fillets
- Salt & Pepper (or your favorite seasoning salt plus pepper)
- Pam (vegetable oil)

Preheat oven (broil setting).

Oil and season fish and place on broiler pan or baking sheet (aluminum foil lining helps with cleanup).

Position in oven so that the top of the fish fillet is approximately 4 inches from the heating element.

DO NOT LEAVE THE KITCHEN AT THIS TIME!

Watch for a bit of browning of the fish – should take about 4-5 minutes, depending on your particular oven.

*** Now, 'dot' the fish with bits of butter for a flavor boost.

As soon as you see this browning, change the oven setting to 'Bake' and continue to cook for another 5 minutes (assuming fish is around $\frac{3}{4}$ inch thick – maybe 7 minutes if fish is 1 inch thick, or 10-12 minutes if fish is 1 $\frac{1}{2}$ inches thick).

You do not need to flip the fish (it already did plenty of flipping in the water 😊). Simply slide the finished fish onto serving plates and enjoy!