

# Broiled Fillet of Fish

*Mr. Charles F. Duchein*

*River Road Recipes II (1976) - The Junion League, Baton Rouge, LA*

*Fish fillets  
margarine  
soy sauce (one ounce per pound of fish)  
Worcestershire sauce  
Pickapeppa Sauce  
garlic powder  
salt  
coarse ground black pepper  
seasoned salt  
marjoram  
green onions, chopped  
capers  
mushrooms*

Preheat the oven to 350 degrees.

Fillet the fish, removing all bones. Wash the fillets thoroughly and dry with a paper towel. Place in a foil-lined pan which has been generously rubbed with margarine. The fillets should fill the entire bottom of the pan. Soak generously with a good soy sauce, approximately one ounce per pound.

Sprinkle with Worcestershire sauce and Pickapeppa sauce. Sprinkle to taste with garlic powder, salt, coarse ground black pepper, seasoned salt and a pinch of marjoram. Cover the fillets with small slices of margarine, approximately one-inch apart, over the entire surface of the fish. Sprinkle generously with chopped green onions.

Place the pan under the broiler. (If your broiler does not operate with a temperature control, cook in the top of the oven and place under the broiler at the last minute.) The fillets should slowly simmer for about 45 minutes. Baste occasionally.

During the last 15 minutes of cooking, sprinkle on additional chopped green onions with a few capers and mushrooms.

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Seafood

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	0	<b>Vitamin B6 (mg):</b>	0mg
<b>% Calories from Fat:</b>	0.0%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	0.0%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	0.0%	<b>Riboflavin B2 (mg):</b>	0mg
<b>Total Fat (g):</b>	0g	<b>Folacin (mcg):</b>	0mcg
<b>Saturated Fat (g):</b>	0g	<b>Niacin (mg):</b>	0mg
<b>Monounsaturated Fat (g):</b>	0g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	0g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	0g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	0g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	0g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	0mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	0mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	0mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	0mg	<b>Fat:</b>	0
<b>Zinc (mg):</b>	0mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	0mg		
<b>Vitamin A (i.u.):</b>	0IU		
<b>Vitamin A (r.e.):</b>	0RE		

**Nutrition Facts**

**Amount Per Serving**

**Calories** 0 **Calories from Fat:** 0

		<b>% Daily Values*</b>
<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	0mg	0%
<b>Total Carbohydrates</b>	0g	0%
Dietary Fiber	0g	0%
<b>Protein</b>	0g	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		0%
<b>Iron</b>		0%

*\* Percent Daily Values are based on a 2000 calorie diet.*