

# Soy and Ginger Marinated Fish Steaks

Gayle Masters

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*3 tablespoons soy sauce  
2 teaspoons grated fresh  
ginger root  
2 teaspoons sesame oil  
4 fish steaks, 3/4-inch thick  
1 clove garlic, minced*

In a shallow, non-reactive dish, combine the soy sauce and ginger.

Add the fish and turn to coat. Cover with plastic wrap. Let stand at room temperature for 15 minutes.

Preheat the broiler.

Spray a broiler pan with oil. Arrange the fish on a broiler pan. Pour the leftover marinade over the fish.

Place the broiler pan two inches from the heat.

Broil for 5 minutes or until golden. Carefully turn the fish and broil the underside until cooked, 3 to 4 minutes. (If using thinner fish, broil on one side and do not turn.)

*This recipe will work with cod, halibut, tuna, swordfish or tile fish. It is a delightful dish for fish lovers and even those who are not so crazy about fish dishes.*

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Per Serving (excluding unknown items): 671 Calories; 14g Fat (19.2% calories from fat); 124g Protein; 6g Carbohydrate; trace Dietary Fiber; 293mg Cholesterol; 3454mg Sodium. Exchanges: 16 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat.