

CROAKER BAG RECIPES

GREAT Croaker and Vegetables in Foil

4 Croaker
½ C Lemon juice
Salt and pepper
½ t Thyme
2 Carrots
3 ribs Celery
2 sm Onions
4 t Butter

Sprinkle the fish inside and outside with lemon juice, salt, pepper and thyme. Chop vegetables, and then sauté them in butter. Stuff each fish with vegetables and wrap loosely in foil. Place in coals if cooking outdoors or bake on a cookie sheet at 450° F for 15 to 20 minutes.

Serves four

GREAT Deep-fried Croaker

1 Croaker
2 t Rice wine
2 t Soybean sauce
1 Egg
4 t Cornmeal
2 t Salt
6 C Oil
2 t spiced pepper-salt
2 t Worcestershire sauce
2 green Onions

Make 3 to 5 diagonal slashes on each side of the fish; rub rice wine and soybean sauce on both sides. Let marinate about 20 minutes. Mix the egg, cornmeal, and salt into a paste and coat the fish. Heat the oil in a wok to 400° F. Deep-fry the fish until the coat becomes hard and golden. Remove and drain. Reheat the oil to 450° F, and deep-fry the fish until brown. Remove; drain well and place on a dish. Serve with two small dishes of spiced pepper-salt and Worcestershire sauce. Use chopped green onion to decorate the plate and fish.

Serves one

GREAT Croaker and Sour Cream

1 Croaker per person
1 oz unsalted Butter per fish
2 T Sour cream per fish
2 T Water per fish
Salt and pepper

Melt the butter in a skillet. When it foams, slip in the fish. Brown swiftly, turning once. Mix the sour cream and water; pour over fish. Add salt and pepper and let the fish simmer for 10 minutes. Serve with small new potatoes boiled in their jackets, or chanterelle mushrooms fried in butter.

Serves one

GREAT Cheese-Stuffed Croaker

½ C sliced fresh Mushrooms

¼ C chopped Green Onions

2 T grated Parmesan cheese

2 LB Croaker

Salt and pepper

In a small bowl, combine mushrooms, green onions, and cheese; spoon into cavity of each fish. Season with salt and pepper to taste. Securely close cavities with toothpicks or skewers to keep stuffing inside. Place on lightly greased broiler pan. Broil 4 to 5 inches from the heat about 5 to 10 minutes on each side until the fish flakes easily.

Serves four

GREAT Citrus Croaker

2 med Croaker

1 Lemon cut into quarters

¼ t Salt

½ t Pepper

1 med Onion, sliced into rings

1 Orange, divided into 8 sections

1/3 C dry white wine

Rub fish inside and outside with two of the lemon quarters. Season fish inside and outside with salt and pepper. Place onion in bottom of casserole dish. Place fish on top of the onion. Spread six orange sections around fish. Squeeze two orange sections and remaining two lemon quarters over fish. Pour wine in casserole dish. Cover casserole dish with aluminum foil and bake at 450° F for 25 to 30 minutes.

Serves two