

PERCH FILLETS BAG RECIPES

GREAT Easy Broiled Perch

1 LB Perch fillets
1 T Butter or margarine
1 T Lemon juice
½ t Lemon pepper seasoning
½ t Paprika

Ingredient of choice:

Slivered almonds, Sesame seed, Parmesan cheese, etc.

Melt butter. Stir in lemon juice. Dredge both sides of fillets in lemon butter and arrange in a single layer. Sprinkle with lemon pepper and paprika and broil approximately 4 inches from heat for 2-3 minutes until topping is golden brown.

Serves four

GREAT Garlic Perch

1 LB Perch fillets
1 to 2 T Butter
2 to 3 cloves garlic minced
1/8 C Scallions thinly sliced
1 ½ T Lemon juice

Melt butter in a heavy non-stick skillet over medium heat. Add garlic to butter and allow to simmer about 1 minute. Add fillets to skillet and cover. Reduce heat and simmer for about 3 minutes. Carefully turn fillets so they do not fall apart. Top with scallions, cover and continue to cook an additional 2 to 3 minutes until fish flakes easily with a fork.

Remove to warm serving platter and sprinkle with lemon juice. Serve with rice and a fresh vegetable.

Serves four

GREAT Cajun Perch

1 LB Perch fillets
1 to 1 ½ T Light cooking oil (sunflower, etc.)
1 T Cajun seasoning bottled
1 T Lemon pepper
1 ½ T Lemon juice

Heat oil in a heavy non-stick skillet. Mix seasonings and coat both sides of fillets. Add fillets skillet and cook over medium-high heat for 2 to 3 minutes. Carefully turn fillets so they do not fall apart, and cook for another 2 to 3 minutes. Move to warm serving platter and sprinkle with lemon juice. Serve with rice and a fresh vegetable.

Serves four