

Sheet1

NAME,C,41	TIME,C,15	YIE	CALC	Q1,	Q2,	Q3,	Q4,	Q5,	Q6,C,	EQ7,	Q8,C
RED SNAPPER DINNER	40 MINUTES	4	220	2	1	1	3	1	1/4	2	1/2
DOWN HOME CATFISH	2 HOURS	6	205	6	3/4	2	1/2	1/4	1/4		
NEW ENGLAND BROILED COD	20 MINUTES	4	275	1/2	1/2	1/4	1/8	4			
THE IN-LAWS SWORDFISH STEAKS	30 MINUTES	4	395	2	6	2	1	3/4	1/2	1/2	1/4
LEMON BUTTER SALMON AND VEGIES	35 MINUTES	4	555	2	1		1	1	2		
ITALIAN FISH FILLETS	40 MINUTES	4	350	1	1	1	1/3	1/2	2	1/2	
FISH AU GRATIN	45 MINUTES	4	400	1	4	1	1/3	1/4	1 1/2	1	
FISH CAKES	1 HOUR	4	245	1	2	1/2	1/2	1/8	1	1/3	

Sheet1

Q9,CQ10,M1,C,12	M2,C,12	M3,C,12	M4,C,1M5,C,12	M6,C,12	M7,C,12
1 TBS.				CUP	TBS.
	CUP	TBS.	TSP. TSP.	CUP	
	TSP.	TSP.	TSP.	SMALL	
	3/4 POUND	TBS. TBS.	TBS. TSP.	TSP. TSP.	
			1 1/2 POUND	TBS. TBS.	
1/2 1/2	SMALL	16 OZ. PKGE.	CUP	TSP. TBS.	
	TBS.		CUP TSP.	CUPS 4 OZ. PKGE.	
1 1	POUND	TSP.	TSP. TSP.	TSP.	

Sheet1

M8,C,12	M9,C,12	M10,C,12	I1,C,47
TSP.	2 1/2 POUND		OLIVE OIL
			CATFISH, HEADS AND TAILS LEFT ON
TSP.			MAYONNAISE
			SWORDFISH STEAKS
			BUTTER
15 OZ. JAR	TSP.	8 OZ. PKGE.	VEGATABLE OIL
			FROZEN FISH - COD, FLOUNDER, HADDOCK, ETC.
CUP	TBS.	TBS.	INSTANT MASHED POTATOES

Sheet1

I2,C,47

ONION, DICED

CORNMEAL

PREPARED MUSTARD

BUTTER

CARROTS CUT VERY THIN

ONION, SLICED

BUTTER

FRESH OR FROZEN FISH

I3,C,47

MINCED GARLIC CLOVE

ALL-PURPOSE FLOUR

SEASONED SALT

MINCED GREEN ONIONS

ZUCCHINI CUT IN SMALL STRIPS

FISH, FLOUNDER OR COD

THINLY SLICED GREEN ONION

GRATED ONIONS

I4,C,47

DICED TOMATOES

SALT

PEPPER

LEMON JUICE

SALT

EGG

ALL-PURPOSE FLOUR

SALT

Sheet1

I5,C,47

JALAPENO PEPPER, MINCED
PEPPER
VEGATABLE OIL
SALT
SALMON FILET
DRIED BREAD CRUMBS
PEPPER
HOT PEPPER SAUCE

I6,C,47

PITTED GREEN OLIVES, MINCED
MILK
COD STEAKS
TARRAGON
ALL-PURPOSE FLOUR
SALT
MILK
DILL WEED

I7,C,47

CAPERS
VEGATABLE OIL

BASIL
LEMON JUICE
WATER
SHREDDED CHEDDAR CHEESE
EGG

Sheet1

I8,C,47
SALT

I9,C,47
RED SNAPPER

I10,C,47

THYME LEAVES

SPAGETTI SAUCE

SUGAR

SLICED MOZZARELLA CHEESE

DRIED BREAD CRUMBS VEGATABLE OIL BUTTER

Sheet1

ST1,C,142

HEAT OLIVE OIL IN SKILLET - ADD ONION AND GARLIC, STIR UNTIL LIGHT BROWN.

SKIN CATFISH BY CUTTING OFF FINS. MAKE CUT THROUGH SKIN BY HEAD, GRASP SKIN AND PULL TOWARDS TAIL.

PREHEAT BROILER. MIX MAYONNAISE, MUSTARD, SEASONED SALT AND PEPPER IN BOWL AND SET ASIDE.

PREHEAT BROILER IF REQUIRED.

HEAT 3 TBS. BUTTER IN SKILLET, COOK CARROTS 3 MINUTES. ADD ZUCCHINI AND 1/4 TSP. SALT. COOK 2 MINUTES.

COOK ONION IN SKILLET WITH 2 TBS. VEGETABLE OIL. REMOVE AND SET ASIDE.

THAW FISH. PREHEAT OVEN TO 425F. CUT FISH INTO 4 PIECES. PLACE ON 10X6 BAKING DISH. BAKE 25 MINUTES.

PREPARE 1 CUP OF MASHED POTATOES PER LABEL. COVER AND REFRIGERATE 30 MINUTES.

Sheet1

ST2,C,142

STIRE IN REMAINING INGREDIENTS EXCEPT FISH. HEAT TO BOIL. REDUCE HEAT AND SIMMER FOR 5 MINUTES. COMBINE CORNMEAL, FLOUR, SALT AND PEPPER IN PLASTIC BAG. POUR MILK IN DISH. LIGHTLY BRUSH RACK IN BROILING PAN. PLACE COD ON RACK. BROIL 5 TO 7 MINUTES. REMOVE PAN FROM BRO CUT SWORDFISH IN HALF, CROSSWISE. IN 1 QT. SAUCEPAN COOK ONIONS IN BUTTER FOR 1 MINUTE. REMOVE P CUT SALMON INTO 4 PIECES. COAT SKIN SIDE WITH FLOUR. PLACE SALMON IN SKILLET WITH 3 MORE TBS. BUTT SLIGHTLY THAW FISH. BEAT EGG IN BOWL. MIX CRUMBS AND SALT AND PLACE ON WAX PAPER. MELT BUTTER IN SKILLET. ADD ONION AND COOK UNTIL TENDER. STIR IN FLOUR AND PEPPER. SLOWLY STIR IN FINELY CHOP FISH IN FOOD PROCESSOR. STIR FISH, ONION, SALT, HOT PEPPER, DILL WEED AND POTATOES UN

Sheet1

ST3,C,142

ADD FISH TO MIXTURE, BRING TO BOIL. REDUCE HEAT, COVER AND SIMMER FOR 5 MINUTES. SERVE.

DIP FISH, 1 AT A TIME INTO MILK, THEN DROP INTO PLASTIC BAG. SHAKE TO COAT EVENLY. PLACE CATFISH ON V

SPREAD MAYONNAISE MIXTURE ON FISH. RETURN PAN TO BROILER - BROIL 2 MINUTES LONGER AND SERVE.

STIR IN LEMON JUICE, SALT, TARRAGON, BASIL AND THYME.

SPRINKLE FISH WITH LEMON JUICE AND 1/2 TSP. SALT. COVER AND COOK 8 TO 10 MINUTES. ARRANGE FISH ON I

CUT FISH INTO 4 PIECES. DIP IN EGG, THEN COAT WITH CRUMBS.

REMOVE FROM HEAT. STIR ALL BUT 2 TBS. CHEESE INTO MIXTURE. SPOON CHEESE SAUCE OVER FISH. SPRINKL

SHAPE MIXTURE WITH HANDS INTO 4 THREE INCH ROUND CAKES.

Sheet1

ST4,C,142

HEAT ABOUT 1/2 OF VEGATABLE OIL IN SKILLET AT 375F. FRY CATFISH, UP TO 3 AT A TIME 8-10 MINUTES, TURNING

PLACE FISH ON RACK IN BROILING PAN, BRUSH ALL SIDES WITH BUTTER MIXTURE. BROIL 10-15 MINUTES.

COOK FISH 10 MINUTES IN SKILLET, ADD MORE OIL IF NEEDED. RETURN ONION TO SKILLET. STIR IN SPAGETTI SAUCE.
BAKE 3-5 MINUTES OR UNTIL CHEESE MELTS.

BEAT EGG WITH FORK IN BOWL. MEASURE BREAD CRUMBS ONTO WAX PAPER. DIP CAKES ONE AT A TIME INTO EGG

ST5,C,142

REMOVE FISH AND DRAIN ON PAPER TOWELS.

SPOON PAN JUICES OVER FISH AND SERVE.

BRING TO A BOIL, REDUCE HEAT AND SIMMER 5 MINUTES. TOP FISH WITH CHEESE SLICES AND COOK 1 MINUTE

PLACE OIL AND BUTTER IN SKILLET AND HEAT. PLACE CAKES IN SKILLET AND COOK UNTIL BOTH SIDES ARE BRO

ST6,C,142	ST7,C,142	SYS_ID,N,8,0
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