

Broiled Red Snapper

Always use Wild Caught Gulf Fish!

Ingredients:

4 fillets approximately 6 ozs each
6 Tablespoons butter, melted and divided into equal parts
1 Tablespoon all-purpose flour
Paprika
kosher salt
ground pepper
Cajun Seasoning, Optional
Juice of 1 lemon
1 Tablespoon minced fresh parsley
2 teaspoons Worcestershire sauce



1) Place fish on a broiler rack that has been coated with cooking spray. Drizzle 3 tablespoons butter over the fillets; dust with flour and sprinkle with paprika, salt, pepper and Cajun seasoning.

2) Broil 5-6 inches from the heat for 5 minutes or until fish just begins to brown. Combine the lemon juice, parsley, Worcestershire sauce and remaining butter; pour over the fish. Broil another 5 minutes longer or until the fish flakes easily with a fork.

Makes 4 servings.

Serve with a crisp green salad, rice pilaf, steamed broccoli and enjoy!!

The secret to preparing this recipe is to butter the fish first before dusting with flour. (Spray butter works good). That seals in the moisture of the fish, which makes it delicious!!!