



I was looking through some of my historic recipe books and I found an interesting trend for baked fish with bread crumbs. Yes, I said baked and not fried! Well, okay there were plenty of great fried fish recipes, but I was looking for something that is not going to add significantly to my waistline. So that I can have those calories later as dessert, see?

That's how my mind works.

Martha Washington's Book of Cookery, calls for taking out all the insides of a carpe and filling it with grated bread and a "pretty deale of time" with a half pound of butter! Okay, I have to admit, this sounds delicious to me, but my kids don't think that leaving the head and tail on is anything but, "gross!"

Hannah Glasse's Art of Cookery has a Cod's head floured, seasoned, buttered and placed in a pan that has herbs an onion put in with a little lemon peel. Everything here sounds good, except the FISH HEAD! (Does this make anyone else sing the "Fish Heads" song?)

Thomas Jefferson's Cook Book calls for a sole with chopped onion, parsley, and bread crumbs, dotted over with butter. With onion, parsley and a glass of wine in the pan. Okay, now there was no mention of a fish head on that one! It also didn't specify that it was just the filet either, but I am going to make this work for my persnickety eaters and that means filets only!

Here is my take on a Colonial Baked Fish. I have made it over an open fire in my Dutch oven and at home in my contemporary oven. It is delicious and even my kids love it! Woohoo!

Baked Fish:

Serves: 4

Ingredients:

1/4 cup Butter, melted

1 Tbsp Olive oil, divided

1 medium Onion, sliced

1/2 cup of white wine

4 Whitefish Filets (Cod, or Tilapia can also be used.)

1 cup Seasoned Bread Crumbs

Salt and pepper

2 teaspoons fresh squeezed Lemon juice

1 Tablespoon of fresh Thyme

4 wedges of Lemon

Directions:

Drizzle 2 Tbsp. olive oil over the bottom of a baking sheet to prevent sticking. Slice the onion and arrange it on the baking sheet. Pour the white wine over the onions. Wash and pat dry the tilapia with a paper towel. Sprinkle salt and pepper over both sides of each filet. Drizzle melted butter over each filet. Coat with bread crumbs covering both sides and shake off any excess. Lay fish on onion slices in baking sheet about 2 inches apart. Squeeze fresh lemon juice over each filet and sprinkle with fresh Thyme leaves. Bake at 350° for 15 - 20 minutes, or until the fish flakes apart in the center with a fork. Serve with lemon slices and the baked onions.

I hope you enjoy this simple baked fish recipe as much as we do! Let's make history!