

Dave's Broiled Fish

(as recorded by his wife, Barb)

INGREDIENTS:

Salmon or Steelhead

Half 'n' half

Pride of the West (in a low-side pan or bowl)

Butter, 1 cube



(Sorry, not the best pic; got it at nighttime.)

1) Cut fish pieces pretty thin – about ½” thick. (It is best if you try not to slice off a finger or piece of your hand while doing these thin pieces. Lots less bloody that way.) Dave puts the pieces in a bowl, covers them with half-n-half, covers the bowl with plastic wrap, and stores in the fridge for a half-day to a day before cooking. This neutralizes some of the fishy taste.

2) Preheat the oven to 350°. Put an oven rack into the top position.

3) Melt ¾ cube of butter in a 9 x 13” glass baking pan. (If you have a lot of fish, you may need 2 pans.)

4) Once butter is melted, remove pan and roll it around so the butter completely coats the pan's base.



5) Re-set the oven temperature to broil/high.

6) Take a fish piece out of the half-and-half one at a time and dip it in your Pride of the West coating.

7) Place the coated pieces into the melted butter in the pan, not overlapping them. (But they can touch.)

8) Broil on one side for 4-5 minutes, until the higher points start getting golden brown.

9) Pull the dish out of the oven, flip all the pieces over, and broil for the same amount of time on the other side.

Here's the
“Before” picture
of the above
fish, posing
with the mighty
fisherman who
caught it! →

