

## Sundowner Fish Recipes



### Baked Fish with Dijon Mayonnaise

Serves 4

#### TYPES of FISH:

**Striped Bass**  
**Codfish**  
**Porgy**

#### Ingredients

2 lb. Striped Bass fillets  
½ cup Mayonnaise  
3 tbsp. Dijon Mustard  
1 tbsp. mince Garlic

2 teaspoons Tarragon, crushed  
2 tbsp. Olive Oil  
½ cup Bread Crumbs

#### Method

Preheat oven to 400°. In a glass baking dish, add olive oil and arrange fish fillets. Mix mayonnaise, Dijon mustard, garlic and tarragon in a bowl. Spread mixture on top of fish. Cover with aluminum foil and bake in oven for 15 minutes or until fish flakes. Cover fish with bread crumbs and return to oven for 5 minutes on covered. Brown bread crumbs under broiler just before serving.