

## Bahamian Baked Grouper

4 grouper fillets

2 limes cut in half

Red pepper flakes

Creole seasoning or salt and pepper

1 tomato thinly sliced

1 onion thinly sliced

1 green bell pepper thinly sliced

Arrange grouper on a plate and squeeze juice from each lime half over one fillet. Season the grouper with creole seasoning, red pepper flakes or salt and pepper and red pepper flakes. Cover and refrigerate overnight.

Preheat oven to 350 degrees. Lightly grease a baking sheet.

Lay the fillets in the baking sheet, top with tomato slices, onion slices and bell pepper slices. Cover with aluminum foil.

Bake until fish flakes or about an hour. I would check before the hour as you don't want this to dry out.

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## Crab Stuffed Grouper Fillets

8 grouper fillets or 4 cut in half

1 lb. crabmeat with cartridge removed

1 egg

1 small onion finely chopped

1 small green bell pepper finely chopped

2 stalks celery diced finely

1 lemon sliced into circles

Creole seasoning or salt and pepper

1 tsp. mustard

Dash Worchester sauce

Preheat oven to 350 degrees and then lightly grease a baking sheet.

Season the fillets with creole seasoning or salt and pepper on both sides; laying half of them on the baking sheet.

Mix crab, celery, onion, bell peppers, mustard, egg and Worchester sauce together. Top each of the fillets with the crabmeat mixture. Place the other seasoned fillet on top. Top with sliced lemons and cover with foil.

Bake in preheated for about 1 hour or until fish is flaky. It's a good idea to check before the hour is up as temperatures vary and you don't want a dry fish.

Serve with coleslaw and brown or wild rice.

