



## Baked Haddock

3/4 cup milk  
2 teaspoons salt  
3/4 cup bread crumbs  
1/4 cup grated Parmesan cheese  
1/4 teaspoon ground dried thyme  
4 haddock fillets  
1/4 cup butter, melted

Preheat oven to 500 degrees F (260 degrees C).

In a small bowl, combine the milk and salt. In a separate bowl, mix together the bread crumbs, Parmesan cheese, and thyme.

Dip the haddock fillets in the milk, then press into the crumb mixture to coat. Place haddock fillets in a glass baking dish, and drizzle with melted butter.

Bake on the top rack of the preheated oven until the fish flakes easily, about 15 minutes.



## Crab Stuffed Haddock

- 3 tablespoons olive oil
- 1 stalk celery, finely chopped
- 3 green onions, finely chopped
- 1 teaspoon minced garlic
- 1 (6 ounce) can lump crabmeat, drained
- 3 slices dry white bread, crusts removed and cubed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 egg, beaten
- 1/2 cup grated Romano cheese
- 2 tablespoons lemon juice
- 1 tomato, seeded and diced
- 1/8 teaspoon ground black pepper
- 5 tablespoons butter, melted
- 6 (4 ounce) haddock fillets



Preheat the oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish. Heat olive oil in a skillet over medium heat. Add celery, green onion and garlic, and cook and stir for a few minutes until soft. Remove from heat, and stir in the crabmeat, bread cubes, egg, Romano cheese, lemon juice, and tomato. Season with salt and 1/4 teaspoon of pepper, and mix until well blended.

Lay the haddock fillets in the prepared baking dish. Brush each one with melted butter. Place a heaping tablespoon of the crab mixture onto half of each fillet, and fold the other half over to cover. Secure with toothpicks if desired. Sprinkle on any remaining stuffing, and drizzle with any leftover melted butter. Cover the dish with a lid or aluminum foil. (The dish may be also made ahead of time and refrigerated at this point.)

Bake for 20 minutes in the preheated oven, then remove the cover and bake for an additional 10 minutes, until the top has browned and the fish flakes easily with a fork.



## Mushroom, Cheese, and Haddock Bake

- 1 tablespoon olive oil
- 1/2 bunch green onions, chopped
- 1 (6 ounce) package button mushrooms, chopped
- 2 pounds haddock fillets
- salt and pepper to taste
- 1 tablespoon garlic powder
- 1/8 teaspoon dried red chile peppers
- 3 tablespoons butter
- 1/8 teaspoon dried parsley
- 3/4 cup shredded Colby-Monterey Jack cheese
- 1 lemon - cut into wedges, for garnish (optional)



Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Heat olive oil in a skillet over medium-high heat, then add green onions and mushrooms; cook and stir until tender, about 5 minutes.

Season haddock with salt, pepper, garlic powder and dried chile pepper and place in the baking dish. Top with green onion and mushroom mixture, then dot with butter. Sprinkle parsley on top.

Cover with foil and bake in the preheated oven for 15 minutes.

Remove foil and top haddock with cheese and return baking dish to the oven. Continue baking until the fish flakes easily with a fork and the cheese is melted, 15 to 20 minutes.

# Frank's piggly wiggly.

## Pan-Fried Haddock

- 1 lb (454 g) haddock fillets
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1/4 cup (60 mL) all-purpose flour
- 1 egg
- 1 tbsp (15 mL) 10% cream
- 2 tbsp (30 mL) vegetable oil
- 1 lemon, quartered
- 1 pinch paprika
- 2 tbsp (30 mL) chopped fresh parsley



Pat fillets dry; season with salt and pepper. Pour flour into shallow bowl.

In separate shallow bowl, whisk egg with cream. In large nonstick skillet, heat oil over medium-high heat.

Using tongs, dip fillets into flour, gently shaking off excess; dip into egg mixture, letting excess drip off.

Fry until golden and crisp on both sides and fish flakes easily when tested, about 8 minutes.

Squeeze lemon over top; sprinkle with paprika then parsley.