

Re: Ocean Perch?

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- *From:* hahabogus <invalid@xxxxxxxxxx>
 - *Date:* Fri, 29 Feb 2008 13:28:39 GMT
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"jmcquown" <j_mcquown@xxxxxxxxxxxx> wrote in
news:2OidnaErFeUDd1ranZ2dnUVZ_q2hnZ2d@xxxxxxxxxxxx:

For some reason when Mom buys (frozen) fish the only thing she buys is 'Ocean Perch'. I'm pretty sure this is because (a) it was always widely available at the commissary and (b) she's not all that familiar with different types of fish.

She has a package of Perch which probably needs to be used. The fish was flash frozen and, according to the package, should be cooked from the frozen state rather than thawed first. I can't tell from the packaging whether the skin & fat layer have been left on the fillets. I've read it's fairly mild fish with a sort of medium texture.

Anyone here ever use this fish? If so, what did/do you do with it? Simple but tasty is my goal. (There aren't a ton of herbs & spices on hand.) TIA.

Jill

Jill I know you like the foil pouch cooking idea with veggies on the grill. Do the same with the fish, say a little lemon juice, butter, a slice of onion some salt and pepper and bake in the oven. What you are attempting is that cooking fish in a sealed paper container...it's got a fancy french name that escapes me..something like butterfly in french, Except your using foil.

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The house of the burning beet--Alan

It'll be a sunny day in August, when the Moon will shine that night--
Elbonian Folklore

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