

## Re: Ocean Perch?

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- *From:* Nancy2 <nancy-dooley@xxxxxxxxxx>
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On Feb 29, 5:20 am, "jmcquown" <j\_mcqu...@xxxxxxxxxxxx> wrote:

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

Baked filets: mix Panko crumbs, parsley flakes, grated lemon rind and garlic (if you want it), salt & pepper – rub fish all over with olive oil, and then coat with crumb mixture – put in lightly greased shallow pan and bake at 350 deg. for about 20 minutes, or until done.

This is for thawed fish, so I don't know what to tell you for baking temp/time for frozen – probably lower the temp to 325 and bake for 30–40 minutes? I dunno.

But I love this for weekday suppers – easy, fast and simple.

N.

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