

Fabulous Food

Oven-Roasted Fish Warms Chilly Fall Nights

(NAPSA)—How convenient that the change of season also brings a run of delectable seafood that is perfect for oven roasting.

Some of the best wild fall fish are bluefish and striped bass, with both species spending autumn months frantically gorging on food to get themselves ready for winter. These fall “runs” produce an abundance of affordable blues and stripers in the market. Many other fish take to oven roasting: whole rainbow trout, small salmon, cod and grouper, croaker, and many smaller snapper species.

Roasted fish is a delectable alternative to grilling (although many fish are delicious cooked on the barbeque as well.)

If you're roasting a whole fish, choose a smaller fish (a pound and a half to three pounds). You can also roast or bake fillets, just try to pick thick pieces that won't dry out in the oven. Mild-flavored roasted fish, such as striped bass, trout and cod, lend themselves to all kinds of sauces, from hearty, tomato-based sauces to light, elegant citrus or fruit flavored marinades and sauces.

When shopping for a whole fish, choose one that has clear eyes, moist, shiny scales, firm flesh and bright pink gills—each a sign of freshness.

Like the striped bass, bluefish are found along both U.S. coasts. Voracious feeders, they tend to grow larger on the East coast than in the Pacific. Most bluefish average about three pounds in weight. Smaller blues (about a foot long) are called “taylor” or “harbor” blues. Aptly named for their blue or greenish



Oven roasting fish delivers savory flavor and a healthful dish for little work.

blue color, bluefish have a rich, oily flesh that is best when eaten within a day or two of being caught.

Bluefish is a low-calorie, high-protein source of heart-healthy omega-3 fatty acids that lends itself very well to baking, roasting grilling and broiling.

To tame the assertive flavor of bluefish, remove the dark meat and choose a recipe with an acidic marinade or sauce. Tomatoes pair beautifully with bluefish and so, too, does white wine.

For a simple, yet effective cooking method, lay cleaned and scaled whole bluefish or fillets on a piece of heavy duty aluminum foil. Pour on some white wine (or tomato sauce, or both) and surround the fish with slices of lemon and/or onion. Add some salt and pepper, then seal the foil and bake the bluefish on a cookie sheet in a hot oven (400 degrees) or on the grill about 12-14 minutes per inch of thickness. You can substitute an oven cooking bag for foil, with equally fine results.

Recipes, cooking tips and seafood health and nutrition information are found at [\[seafood.com\]\(http://seafood.com\), the Web site of the National Fisheries Institute.](http://www.about</p></div><div data-bbox=)

Roasted Fish with New Potatoes

3 tablespoons vegetable oil
3 tablespoons orange juice
3 tablespoons white vinegar
½ teaspoon grated orange peel

¼ teaspoon dried dill weed
1 tablespoon capers, drained

12 small new potatoes, quartered (about 1¼ pounds)

Four 6-oz. fish fillets (striped bass, bluefish, grouper, cod or any other firm-fleshed fish), skin removed

Vegetable cooking spray

To make vinaigrette, combine oil and next 5 ingredients in a small bowl; whisk until blended. Place potatoes in a large bowl; add 2 tablespoons vinaigrette and toss until coated. Arrange potatoes in a single layer on a 15x10x1-inch baking pan coated with cooking spray. Bake at 425°F for 20 minutes.

Arrange potatoes to the sides of pan. Spread fillets with about 2 tablespoons vinaigrette and arrange in center of pan. Bake 13 to 15 minutes or until fish flakes easily and potatoes are fully cooked. Transfer fish and potatoes to a serving dish. Drizzle with remaining vinaigrette.

Makes 4 servings.