

Bass Recipes From Family-Outdoors.com

Baked Bass

Ingredients

- 1 (5 lb.) bass or equivalent
- 1 lg Onion, chopped
- 1 Bell pepper, chopped
- 1/2 Stick margarine
- 2 cn Tomato sauce
- 1 cn Whole tomatoes juice of 1 lemon
- 1 c Cooking wine
- 1/2 c Green onions and parsley
- dash Tabasco sauce
- salt, pepper, garlic powder to taste

Directions:

Sprinkle fish with lemon juice and season well, ahead of time, preferably overnight. Wilt onions, and bell pepper in margarine. Add tomato sauce and whole tomatoes and cook over medium heat for 45 minutes in uncovered pot. Add 2 cups cold water and seasoning to taste along with dash of Tabasco. Cook for 25 minutes over medium heat. Add wine and pour mixture over fish you have placed in a baking dish. Bake in 325 degree oven for 40 minutes. Baste several times. Sprinkle with parsley and onion tops and serve, garnishing with slices of lemon. Serves 6.

Bass With Avocado Sauce

Ingredients

- 1 sm ripe avocado coarsely chopped
- 1/4 c skim milk
- 1 tb lime juice
- 1 clove garlic minced
- 1 ds hot sauce
- 2 tb lemon juice
- 1 tb light soy sauce
- 1 ts lemon rind grated
- 1 ts dijon mustard
- 16 oz bass fillets
- 1/3 c fine dry bread crumbs
- 1 vegetable cooking spray

Directions:

Combine the first 5 ingredients in a blender; cover and process until smooth. Set mixture aside. Combine lemon juice and next 3 ingredients in a shallow dish, dip fillets in lemon juice mixture, and dredge in bread crumbs. Place on a baking sheet coated with cooking spray. Bake at 450°F for 7 minutes; turn fillets over, and bake an additional 7 minutes or until fish flakes easily when tested with a fork. Transfer fillets to a serving platter, and top with avocado sauce. Makes 4 servings.

Bass 'N' Beer

Ingredients:

- 6 fillets bass (1/2 to 3/4 thick)
- 1/4 ts pepper
- 1 paprika
- 1/4 c chopped onion
- 1/4 c butter
- 2 tb all-purpose flour
- 2 c beer
- 1 tb brown sugar
- 2 whole cloves
- 1 tb lemon juice

Directions:

Sprinkle fish fillets with 1 teaspoon salt, the pepper, and some paprika. In a skillet, cook onion in butter till tender. Stir in flour; cook and stir till brown. Gradually stir in the beer. Cook and stir till the mixture bubbles. Stir in the sugar and cloves. Add fish fillets to sauce. Cover and cook for 10 to 15 minutes over low heat till fish flakes with a fork. Remove fish to a platter. Stir lemon juice into sauce in the skillet. Serve sauce over fish with rice, if desired. Makes 6 servings.

Broiled Bass

Ingredients:

- 4 8oz. boneless bass fillets
- 1 large onion (sliced thinly and separated into rings)
- 1/4 cup butter or margarine
- 2 teaspoons Worcestershire sauce
- 1 Tablespoon lemon pepper
- 2 lemons
- 1/2 teaspoon cayenne red pepper

Directions:

Preheat oven to 450 degrees. Dip bass fillets into melted butter and place on non-stick broiler pan. Sprinkle fish evenly with lemon pepper and cayenne pepper. Place onion rings on the fillets and then sprinkle with Worcestershire sauce. Bake for 8 minutes on center oven rack, then turn on broiler at 500 degrees and allow enough time to brown the fish and onions (3 to 6 minutes). Remove and allow to cool for 3 minutes. Squeeze lemon over fish and serve. Yield: 4 servings