



WFH RECIPES

Ingredients

Cod Fillets (or Haddock)
 Seasoned Bread Crumbs
 Butter
 Cooking Spray
 Garlic Powder
 Paprika
 Lemons
 Clove of Garlic
 White cooking wine

A staple of what they call
 Yankee Cooking

PETE'S WICKED BOSTON SCROD

Directions

1. Preheat oven to 400 F
2. Spray the bottom of a large glass baking dish with cooking spray
3. Rinse and pat the cod fillets dry with paper towels —cut into 6" lengths and place them in the glass baking dish
4. Prepare the buttered bread crumb topping: combine bread crumbs, a quarter stick of butter (melt in microwave), paprika and garlic powder in a bowl until the bread crumb mix is a nice orange-brown.
5. Prepare the lemon-garlic butter glaze: Finely chop garlic cloves and dump into bowl with another quarter stick of butter, squeeze the juice of half a lemon into the bowl as well. Microwave for 90 seconds until melted.
6. Spray fillets with cooking spray, then sprinkle with buttered bread crumb mix.
7. Pour the lemon-garlic butter evenly over the breaded fillets.
8. Pour cooking wine into the baking dish so that the fillets are sitting in an 1/8 inch of liquid.
9. Bake on middle rack for 15-20 minutes until golden brown on top.
10. Serve with lemon wedges, then go down the baah with Sully and watch the Sox!