



Another delicious recipe from
Tanya's Kitchen
Courtesy of Ms. Cleo

Fish “Cayman Style”

Ingredients

4 – 6 ounce fish steaks or fillets, bloodline and skin removed
3 fresh limes
Cold water
1 – 2 teaspoons seasoned or garlic salt
1 large yellow onion, sliced thin (about 1- ½ cups)
2 tablespoons Worcestershire sauce
½ - 1 teaspoon dried thyme
Minced, seeded Scotch Bonnet pepper if desired, or hot sauce
4 tablespoons margarine, cut into pieces

Directions

- Pre- heat oven 350 degrees
- Wash the fish with lime juice and water. Season with seasoned or garlic salt and black pepper
- Grease with margarine a large piece of foil and place the sliced onion, green pepper on top.
- Place the fish on top of vegetables. Mix together with ketchup, Worcestershire sauce, thyme and pepper or hot sauce if desired, adjusting quantity of each to suit your taste.
- Spread sauce over fish, and top each piece with margarine. Make a packet of the foil and seal edges
- Bake in oven or cook over grill fire for 20 – 25 minutes or until fish separates easily when prodded with a fork
- You can find all these ingredients at all your Foster's Food Fair IGA stores