Baked Fish Daufuskie

From the Gulf Coast Research Laboratory

I first read about this recipe in The Pat Conroy Cookbook. It was sandwiched between interesting stories he had written about his year teaching in Gullah country. I tried it out on my husband, since we were weary of fried fish. This recipe is now one of our staples. It is quick and easy and we can use fish we catch, - white trout, ground mullet (Southern Kingfish), flounder, and sheepshead. I have tried the recipe with speckled trout and find that they are better left to other recipes as their flesh is not as firm as the other species mentioned.

Many of Pat Conroy’s novels have been turned into movies - The Prince of Tides, The Great Santini, The Lords of Discipline, and The Water is Wide.

Source
This recipe comes from Anita Arguelles, GCRL marketing specialist, fly fisher, and food enthusiast.

Serves four

Tips from the Cook
I use a cast iron skillet to cook this dish. Don’t skip patting the fish filets dry before adding to the pan. The ingredients form a sauce that gets watery if you don’t take the time to pat the filets dry.

Ingredients

- 6 fresh fish filets
- 1 medium purple onion, diced
- ½ cup mayonnaise
- 2 T Dijon mustard
- 1 T lemon juice
- Cooking spray
- Paprika

Instructions
Preheat oven to 350 degrees. Spray baking dish with cooking spray. Rinse and pat the fish filets dry, place in baking dish.

Mix diced purple onion, mayonnaise, Dijon mustard, and lemon juice. Spread over fish filets and sprinkle with paprika. Bake at 350 degrees for 10 minutes. Finish cooking under broiler just till the top is bubbly and starts to turn brown or until fish flakes easily when tested with a fork.

This is one of a series of recipes that highlight the wealth of delicious local seafood ingredients available on the Gulf Coast of Mississippi. Do you have a family favorite? Get in touch; perhaps we can add it to the collection.

Look for more Mississippi seafood recipes on the web at www.usm.edu/gcrl/public/recipes

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