

## **Fishin' from the Kitchen**

# **Baked Yellow Perch** *by Wayne Phillips*

Bring out the natural sweetness of yellow perch by baking fillets in a spicy Thai-inspired coconut sauce.

### **Ingredients for four servings:**

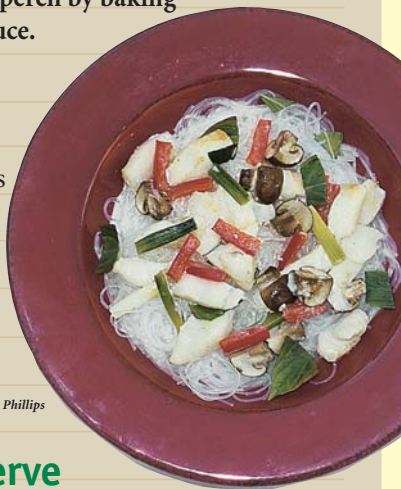
- ✓ Enough boneless, skinless yellow perch fillets for 4
- ✓ 4 green onions, cut into inch-long pieces
- ✓ 1 small sweet red pepper, cut into strips
- ✓ 16 mushrooms, quartered

### **Spicy coconut sauce**

- ✓ 1/2-cup fresh coarsely chopped basil leaves
- ✓ 1 clove garlic, finely minced
- ✓ 1 tsp. fresh ginger, finely minced
- ✓ 1-3 fresh Thai chilies, minced
- ✓ 1 Tbsp. Thai fish sauce
- ✓ 1 14-ounce can coconut milk
- ✓ 1 tsp. sesame seed oil
- ✓ Salt and pepper to taste

## **Procedure**

Cut perch fillets into bite-sized pieces and season with salt and pepper. Place in a shallow baking dish, preferably glass, with onions, peppers and mushrooms. In a bowl combine garlic, ginger, basil, Thai chilies, fish sauce, sesame seed oil and coconut milk. Pour coconut milk mixture over fish and bake in a 350-degree oven until fish is opaque, about 10 to 15 minutes.



*photo-  
Wayne Phillips*

## **Serve**

Serve this dish in a bowl over rice noodles. The noodles absorb some of the tasty sauce, making them extra delicious. If you want extra vegetables, add bean sprouts, sugar snap peas or grated carrots. The more chilies you use, the hotter the dish. Thai chilies might be small, but they are very hot. Using traditional Thai ingredients like chilies, fish sauce and basil adds a unique flavor to this dish. Look for these ingredients in Oriental markets and large supermarkets. If these Thai products are not available, substitute regular basil and hot chilies for the Thai counterparts.