

Fishin' from the Kitchen

MAPLE ORANGE-GLAZED PANFISH

by Wayne Phillips

Marinating panfish fillets in a mixture of orange juice and maple syrup gives you a succulent, flavor-packed meal.

Ingredients for four servings:

Boneless panfish fillets
Salt and black pepper

Marinating liquid

One-half cup orange juice concentrate
One-third cup maple syrup
1 garlic clove, finely minced
2 Tbsp. soy sauce

Procedure

Mix marinating ingredients together in a baking dish. Season fillets on both sides with salt and pepper before placing in mixture and marinating for 2 to 3 hours. Bake in a 400-degree oven until fillets are opaque. This should take about 10



photo-Wayne Phillips

minutes per inch of fillet thickness. Baste the cooked fillets with marinating liquid before serving.

Serve

Roasted vegetables like potatoes, squash, beets, carrots and parsnips are excellent with the fish. Try to use root vegetables that have a milder flavor instead of stronger-flavored ones like rutabagas.

Hints

Spooning the marinating liquid over the fillets before serving increases their flavor and adds an extra touch of moisture to the finished dish.