

NINA & LOUIS DANAOS' HOMEMADE BAKED FISH

Ingredients:

1. Fresh Fish slice between $\frac{1}{2}$ - $\frac{3}{4}$ inch thick (cut like a steak, not strips).
2. White onions..... cut about $\frac{1}{4}$ inch thick rings (1 small onion for every fish slice)
3. Tomatoes.....sliced about $\frac{1}{4}$ inch thick (optional)
4. Salt and Pepper
5. Olive oil 2-4 Tbsp for every fish slice.
6. Butter cubed, about 2-4 Tbsp for every fish slice
7. Mayonnaise as needed. We love real mayo so we put lots of it ☺

Procedure:



Figure A



Figure B

1. Measure and cut foil to make it 3x as long as the pan's depth and 6 inches longer than the pan's width. See Figure A.
2. Set the foil in the middle of the pan.
3. In a separate container, toss the onion rings and tomato slices in olive oil, salt and pepper.
4. Put salt and pepper on both sides of the sliced fish.
5. Line the center of the foiled pan with a few of the onion rings. Rest the fish slice on top of the onion rings and top with more onion rings.
6. Top with the butter cubes and mayonnaise.
7. Wrap the fish slice: Bring the 2 long sides of the foil together above the fish; fold down in a series of locked folds (making a $\frac{1}{2}$ to 1-inch fold each time). Fold the short ends of the foil up and over again. Crimp the ends closed to seal the foil packet. See Figure B.
8. Bake at maximum temp for 20-25 minutes.

Tips:

1. We usually use blue marlin or any other fish that doesn't have a strong taste. Fresh Tuna works well, too.
2. If you're watching your weight, you may omit the butter and mayonnaise altogether. But it won't taste as good.
3. If you have a tight budget, you may substitute the olive oil with regular vegetable oil but use less (1-2 Tbsps per fish slice). Olive oil tastes better.
4. Use mayonnaise from a squeeze tube.
5. The key to this recipe is to make sure that the foil is big enough to wrap and seal the entire fish slice. Do not wrap it too tightly to allow heat circulation and expansion.