

# Nino Salvaggio Marketplace Fishery Fresh Flavor Fillets™



Recipe and Cooking Directions for:

## Crab Stuffed Orange Roughy

This delicious Stuffed, Orange Roughy Entrée is best prepared using a MODIFIED Oven Roasting method.

### Modified Oven Roasting Method:

Remove product from container and spray the side down side only, with non-stick vegetable spray and place on a shallow, oven proof baking or casserole dish which should also be sprayed with non-stick vegetable spray. The up (top) side of the fillet, may be basted **with 2 TBSP of melted butter**, and if desired, a light sprinkling of either **fresh garlic (1/4 tsp) or a pinch of garlic powder**. In addition, **1 or 2 TBSP of Chopped Green Onions and Diced, Seeded Tomato** may be added for color and flavor by sprinkling around the Stuffed Roughy. Next, add 1/4 cup of either water (**White Wine may be substituted**), or 1/4 cup water with **1 TBSP of lemon juice**. Before placing the dish in the oven, cover it securely with foil. Place the dish in a pre-heated 400F oven and bake covered for approximately 10 minutes. Remove the covering, then bake an additional 10 minutes or until fish is fully cooked and the stuffing is heated through. Remove from the oven and remove stuffed fillet from the pan, reserving the juices. Scrape resulting juices into a small sauce pan and, over medium heat, add **1/2 cup of heavy cream** and an additional **TBSP or 2 of white wine** to the liquids. Reduce sauce over medium heat until a medium bodied sauce develops. Season sauce with salt and pepper and serve over the stuffed Orange Roughy Entrée.

Typically, a 6 to 8 ounce, one inch fillet will require approximately 15 to 20 minutes to fully cook.

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