



Mexican Baked Fish

Ingredients

Fish of your choice, filleted

Mayonnaise

1/4 cup of cornmeal

1/4 cup of plain flour

1/2 tsp. chili powder (or more to taste)

1/2 tsp. cumin (or more to taste)

Salt and pepper to taste

Lemon juice

Cheddar cheese

Directions

Preheat oven to 350 degrees Fahrenheit.

Place fish in a 9 x 13-inch baking dish. Mix cornmeal, flour, chili powder, cumin, salt and pepper. Spread fish with a light layer of mayonnaise, then sprinkle with lemon juice, cornmeal topping and cheese.

Cover with foil and bake for 15-20 minutes, checking frequently to avoid overcooking. Take the foil off for the last few minutes to brown the cheese.

Source: Laura Kramar, Marketing and Branding Coordinator for the Midcoast Fishermen's Cooperative