

Baked Whitefish Au Gratin

from the kitchen of corporate chef,

Roger Tappan



- 3 – 6 ounce whitefish filets
- 2 tablespoons butter
- 2 tablespoons finely chopped celery
- 4 green onions, trimmed and sliced
- 1 tablespoon flour
- 1/2 teaspoon Maryland Seafood Seasoning
- 1/2 teaspoon Lemon & Herb Seasoning
- 1/2 cup milk
- 2/3 cup shredded Swiss cheese



Preheat oven to 350 degrees. Lightly butter a baking dish.

Pat dry the fresh or thawed filets with paper towels and place them in the buttered baking dish.

In a small skillet or saucepan melt the butter over low heat. Sauté the celery and green onion for 4 to 5 minutes. Stir in the flour, Maryland Seafood Seasoning, and Lemon & Herb Seasoning. Stir and cook the mixture for about 3 minutes.

Gradually blend in the milk while stirring the mixture constantly. After the milk is added and the sauce thickens, stir in the Swiss cheese until it is melted. Pour this sauce over the fish in the baking dish. Bake the fish for about 25 minutes, or until it flakes easily when tested.

Makes 3 servings.

The familiar species flounder, haddock, cod, basa, and tilapia are examples of whitefish.

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Lemon Butter Crumb Topped Baked Whitefish

from the kitchen of corporate chef,

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- 4 – 6 ounce whitefish fillets
- 3/4 cup melted butter
- 2 tablespoons lemon juice
- 1 cup dry bread crumbs
- 1/2 cup freshly grated Parmesan cheese
- Grated Parmesan cheese for sprinkling



Preheat oven to 350 degrees.

Combine melted butter and lemon juice in a shallow dish. Combine the bread crumbs and Parmesan cheese in a medium size bowl. Dip the fish in the butter mixture, then roll it in the bread crumb-cheese mixture.

Place the coated fish in a buttered baking pan or dish and bake for 15 to 20 minutes. Sprinkle the tops of the baked filets with a little more Parmesan cheese before serving. The fish will be pure white in color, and flake easily with a fork when done.

Makes 4 servings.

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Baked Whitefish with Savory Topping

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- 4 – 6 ounce whitefish filets, fresh or thawed
- 4 tablespoons soft butter, margarine, or butter substitute
- 4 tablespoons melted butter, margarine, or butter replacement
- 1.5 teaspoons – favorite seafood seasoning
- 3/4 cup Golden Dipt brand Savory Bake Able Breading



Preheat the oven to 375 degrees.

Place the filets in a lightly buttered baking dish or pan. Sprinkle the tops of the filets with the seafood seasoning. Spread or drizzle the filets with half of the butter.

Place the dish in the oven and bake the fish for 6 to 7 minutes. Apply the bakeable breading to the top of the fish, dividing it equally. Drizzle 4 tablespoons melted butter over the coated fish.

Bake for 6 to 7 minutes longer, and serve. Makes 4 servings.

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Pan Fried Whitefish

from the kitchen of corporate chef,

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- 4 – 6 ounce whitefish filets
- Salt & ground white pepper
- Flour for dredging
- Canola oil to the depth of ¼ inch in a wide, heavy skillet.



Season the filets on both sides with salt and white pepper. Turn the filets in a pan housing the flour until the fish has a nice even coating.

Place a quarter inch of canola oil in a wide skillet and place it over medium high heat. When the surface of the oil begins to shimmer, carefully add the coated filets to the hot oil.

Place the fish in the skillet in a manner that allows space around each filet. Fry the fish for 5 minutes per side, adjusting the heat if necessary to avoid excessive browning.

Serves 4.

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Lemon Herb Baked Basa

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Basa is a farm raised, fresh water species of catfish. Its point of origin is Vietnam where it is raised in cages in fast running clean water. Basa are filleted after about a year of growth when they reach approximately three pounds.

Basa has white flesh with a fine texture and mild flavor. It is reminiscent of a quality cod in flavor, but has a slightly more delicate and fine grained texture. Basa fillets have enough flavor to stand on their own in simply seasoned recipes, but are highly adaptable to ethnic, or more exotic recipes. Pan fry, deep fry, sauté, poach, broil, or bake Basa fillets with equal success.



- 4 — 5 to 7 ounce Basa fillets, thawed
- 6 tablespoons imitation butter
- 3 teaspoons Lemon-Herb seasoning

Preheat the oven to 400 degrees.

Place the fillets on a greased baking pan. Brush half of the imitation butter over the fillets. Place the pan in the oven and bake the fish for 8 minutes.

Remove the fish from the oven and brush the fillets with the remaining imitation butter. Divide the seasoning over the four fillets. Return the pan to the oven and bake for 4 to 6 minutes longer.

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Potato Crusted Basa

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- 4 – 5 to 7 ounce Basa fillets, thawed
- Salt and white pepper
- 4 teaspoons Dijon mustard
- 2 ½ cups shredded potatoes, rinsed and patted dry
- Old Bay seasoning
- Olive oil or vegetable oil for frying

Preheat the oven to 400 degrees.

Thaw Basa fillets and pat them dry with paper towels. Lightly season one side of the fillets with salt and white pepper.

Spread one side of each fillet, covering it well, with Dijon mustard. Cover the mustard layer with shredded potatoes. Place plastic wrap over the fillets and press the potatoes firmly with your hand to help them adhere to the fillets.

Season the potato layer with Old Bay seasoning.

Heat 6 tablespoons olive or vegetable oil in a wide skillet until the surface of the oil shimmers. Carefully place the fillets, potato side down, in the hot oil. In about 3 minutes the potatoes will be nicely browned. Use a turner to transfer the fillets, potato side up, to a greased baking pan. Finish cooking the fillets in the oven for 8 to 10 minutes.

Serve with – Maple Mustard Cream Sauce

- 2 cups heavy cream
- ¼ cup Dijon mustard
- 2 tablespoons maple syrup
- ½ teaspoon dried tarragon

Place the ingredients in a saucepan and heat and hold over low heat. Avoid boiling. Stir occasionally.



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