

POLYNESIAN WHITEFISH

Ingredients:

- 4 8oz Tilapia, Basa, Haddock, Cod, Pollock,
or similar Whitefish Fillets
- 1/2 Cup Orange Juice
- 4 tbsp Bottled Chili Sauce
- 2 tbsp Vegetable Oil
- 2 tbsp Sesame Oil
- 2 tbsp Soy Sauce
- 2 tbsp Lemon Juice
- 1/2 tsp Black Pepper
- 2 tbsp Toasted Sesame Seeds

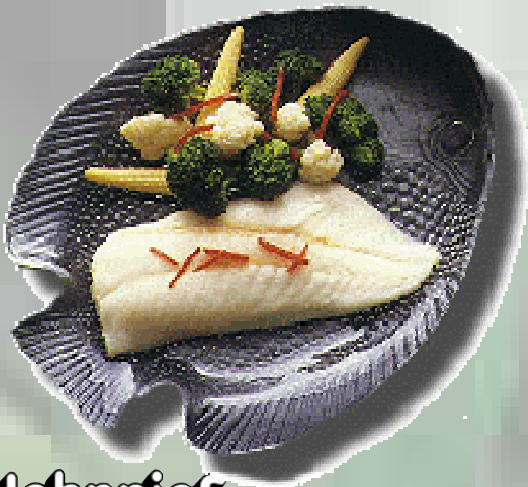
Toast sesame seed in a dry skillet over moderate heat to a light brown color.

In a bowl combine the orange juice, chili sauce, vegetable oil, sesame oil, soy sauce, lemon juice, and pepper. Pour the mixture over thawed fish fillets in a non-corrosive dish. Cover and refrigerate for two hours.

Drain marinade from fish, reserving marinade. Place the marinade in a saucepan and add a cup of water. Bring the mixture to a simmer. Stir and cook for 5 minutes.

Place the fish on a buttered baking pan and bake at 400 degrees for 10-12 minutes, basting a few times with the marinade. Sprinkle the cooked fillets with the toasted sesame seeds before serving.

Garnish the portions with colorful fruits for a nice presentation.



from the kitchen of corporate chef,

Roger Tappen

