

WXYZ-TV

WXYZ, INC., SOUTHFIELD, MICHIGAN 48075

BAKED WHITEFISH WITH SPINACH EN PAPILOTE

Golden Mushroom
18100 West Ten Mile Rd.
Southfield, MI 48075
(313) 559-4230

INGREDIENTS

8 oz. Whitefish fillet, boned & skinned
1 tsp. Olive oil
Ground black pepper
Salt
1 cup Spinach leaves (dry with no stems)
1 Sheet aluminum foil 12" X 18" (to wrap whitefish)
1 Apple, peeled and grated
Juice and zest of 1/2 lime

DIRECTIONS

Fold aluminum foil in half, trim (cut) to a teardrop shape, so when it is opened, it is heart-shaped. Lightly brush the foil with the oil. Mound spinach on one side of "heart". Season fish and place on top of spinach. Fold other side of foil over and crimp edge all around (making continuous small fold) to seal fish in. Place on a cookie sheet and bake in 425 degree oven approximately 11 minutes (depending on thickness of fish). To make relish, grate apple, zest (finely grated green part only) and juice of the lime. Mix together. To serve, cut pouch open, slide fish and spinach on a warm plate. Garnish with relish and boiled new potatoes.

Friday Feast

Recipe from February 16, 1990

April 29, 1986



20777 West Ten Mile Road
Southfield Michigan 48037
Telephone 313 827-7777

FRESH SWORDFISH WITH OLIVE WINE BUTTER

- 4 oz. flour
- 2 4oz. pieces swordfish
- 1 oz. olive oil
- 5 olives (diced)
- juice of 1 lemon
- 1 T. green onion
- 1 t. fresh garlic
- ½ c. wine (dry red)
- salt & pepper

Dredge swordfish, both sides, in flour. Heat olive oil in saucepan till hot. Add swordfish. Squeeze lemon over fish. Add green onion, fresh garlic, olives, wine, salt & Pepper. Saute fish for about 2 minutes on both sides. Serves two.

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BALTIMORE CRAB CAKES

The Hungry Crab

8905 Macomb

Grosse Ile, MI 48138

(313) 671-1695

INGREDIENTS

1 pound of lump crab meat
½ cup milk
1 tablespoon dry mustard
2 drops worchestershire sauce
½ cup chopped onions
½ cup chopped green peppers
2 ounces butter
½ cup chopped parsley
½ tablespoon seafood seasoning
1 tablespoon white pepper
1 tablespoon onion salt
flour
egg wash
bread crumbs

DIRECTIONS

Saute off chopped onions and peppers in 2 ounces butter. Let cool. Heat milk, and thicken with flour to make a heavy cream sauce. Add dry mustard and worchestershire sauce. Let cool. Add onion salt and white pepper and parsley to crab meat and mix thoroughly. Combine steps 1, 2, and 3, and mix thoroughly. Shape into patties. Freeze cakes until hard. When frozen, roll cakes in flour, then dip in egg wash, then coat with bread crumbs. Drop in deep fryer until lightly brown. Bake in dry oven at 300° until hot in center. (approximatly 10 minutes)
Makes 8 crab cakes

Friday Feast

Recipe from March 27, 1987

G O O D A F T E R N O O N D E T R O I T
W X Y Z . T V

April 29, 1986



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20777 WEST 10 MILE ROAD
P.O. BOX 789
SOUTHFIELD, MICHIGAN 48037
313 827-7777



SPA SALMON WITH SALSA

(Low on Fat and Sodium)

Norman's Eaton Street Station in Birmingham

2 oz. white wine
2 - 6 oz. salmon filets, skinned and boned
1 cup herb bread crumbs (Progresso)
1 small zucchini, julienne cut
1 carrot, julienne cut
1 yellow squash, julienne cut
2 tbsp. Dijon mustard
1/2 cup fresh dill, chopped
1 oz. olive oil

Procedure:

Combine fresh chopped dill with bread crumbs. Brush salmon filet with Dijon mustard, then roll salmon in the dill bread crumb mixture. Bake salmon filet in a preheated 375° oven or an outdoor grill over low heat on a foil sheet. In a small saute pan, heat olive oil on high. Add julienne vegetables and toss for 2 minutes, then add white wine. Place vegetables on a warm plate and make circle. Place cooked salmon in middle of plate. Finish with fresh salsa.

*- I baked
it for
30 minutes*

Salsa:

2 ripe tomatoes
1/2 red onion, chopped
2 tbsp. cilantro, chopped
2 dashes tabasco
1 jalepeno pepper, diced
1 tbsp. chopped dill
1 tsp kosher salt

Combine all ingredients together and serve on top of salmon.

FRIDAY FEAST
June 28, 1991

