

## Printable Format

To print this page, use your browser's "print" button. Then click "back" to return to the site.



## RACKS Recipes: Fish

---

### Broiled Fish Fillets

Thin fish fillets (bluegill, crappie, etc.)  
Italian dressing

Rinse fillets in cold water, pat dry with paper towels. Dip fillets in Italian dressing and place in baking pan or dish with at least 2 inch sides. Broil 4 or 5 inches from flame or coils for 4 to 5 minutes or until done.

For larger fillets, remove from broiler after 3 or 4 minutes. Turn carefully, brush with Italian dressing and broil until done (fish will flake easily with a fork when done).