

Broiled Fish Fillets

I can prepare this quick version of my mom's whole grilled fish easily in my oven broiler to keep me happy between visits home.

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INGREDIENTS:

- ☐ 1½ pounds lean, flaky fish fillets, such as halibut, sea bass or catfish
- ☐ ½ teaspoon kosher salt
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ Vegetable oil
- ☐ Wooden skewers, soaked in water for 30 minutes

To Serve:

- ☐ 12-16 rice paper sheets, preferably 8-inch rounds (see "Tips for wrapping" at left for instructions)
- ☐ Salad Plate (see instructions)
- ☐ Nuoc Cham Dipping Sauce (see recipe)

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INSTRUCTIONS: Season the fish with salt and pepper. With a sharp knife

held at an angle, cut the fillets into thick slices about 2 inches wide.

Thread slices loosely onto the skewers. Brush the fish generously and evenly with oil, then set aside at room temperature for 20 minutes.

Preheat an oven broiler to high. Brush the broiler rack with oil and then arrange the fish on the rack. Broil the fish 5 minutes on the first side, then 2 to 3 minutes on the second, or until the fish is just opaque at the center.

Serve immediately with the Salad Plate, rice paper and dipping sauce.

Yields 4 servings

PER SERVING: 185 calories, 35 g protein, 0 carbohydrate, 4 g fat (1 g saturated), 54 mg cholesterol, 232 mg sodium, 0 fiber.