

# ***WHOLE BAKED FISH***

## Ingredients:

- 1 whole fish gutted, scaled, and scored
- 3 different colored onions
- 1 bell pepper – your favorite color
- 2 oranges
- 1 stick butter – room temperature
- Garlic – measure with your heart (we use two full bulbs)
- 4in. ginger
- Seasoning salt

## Things you need:

- Aluminum tray or 9x13 if fish fits
- Aluminum foil

## Directions:

1. Preheat oven 375 degrees
2. Gut and scale your fish. Score your fish by placing a slit from spine to belly every 3-4 inches on both sides (not the head or tail). These lines will help the flavors soak into the fish.
3. Roughly slice onions and bell peppers
4. Chop garlic and ginger
5. Throw all the onions, bell peppers, and half the garlic and ginger in your tray with half the butter. Mix with seasoning salt.
6. Slice the oranges. Place all the oranges on top of the veggies in the tray. Leave a few out to place on top of the fish later.
7. Mix together the other half the butter with the rest of the garlic and ginger.
8. Place the fish on top of the oranges that have been arranged in the tray.
9. Use the garlic, ginger, butter mixture and rub into the slits on of the fish, and the rest of the fish, adding some in the belly cavity
10. Stuff the fish belly with a handful of the pepper mixture.
11. Add a few orange slices on top of fish
12. Cover with aluminum foil. Place in preheated oven and set timer for 30 minutes.
13. Once the 30 minutes is up, pull the aluminum foil off, use a spoon to ladle juices on the fish. Place back in over for another 25-30 minutes uncovered. Fish is done when you can easily pull meat off the bones and it is cooked through.
14. Serve with white rice and the veggies from the fish.

