

Elizabethan Baked fish

Serves 6

From www.Seatofmars.com

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One five - six pound carp or fish of your choice, cleaned and ready for baking

Salt and freshly ground pepper to taste

2 cups of cooked chopped Spinach or diced Beets

2 Egg yolks

Quarter of a teaspoon of Salt

Quarter of a teaspoon of Cinnamon

Pinch of sugar

Quarter of a cup of bread crumbs

2 tablespoons of currants

1 cup of white wine or water

2 tablespoons of melted butter

6 Slices of toast

- 1) Sprinkle the inside of the fish with salt an pepper
- 2) In a bowl combine remaining ingredients except wine butter and toast
- 3) Place mixture in a fish cavity and close with skewers or toothpicks
- 4) Set stuffed fish in a large roasting pan. Pour wine or water over the fish
- 5) Brush fish liberally with melted butter and pour remaining butter into the pan
- 6) Bake uncovered at 400 degrees about 1 hour or until fish flakes, basting about every 20 minutes
- 7) carve fish and serve each portion on a slice of toast spooning wine sauce over the top

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