

Elizabethan Oyster-Lamb casserole

Serves 3 - 4

From www.Seatofmars.com

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Three quarters of a cup of water
Three quarters of a cup of beer
2 tablespoons of minced fresh Parsley
Quarter of a teaspoon of dried Rosemary leaves
Eighth of a teaspoon dried Thyme
Quarter of a teaspoon of Salt
Vinegar to taste
4 fish steaks (Salmon, Halibut, Striped bass etc)
Garnish: Sprigs of Parsley

- 1) In a saucepan large enough to hold fish steaks, combine all ingredients except fish. bring to a boil, reduce the heat and simmer for 5 minutes
 - 2) Check seasoning
 - 3) Place fish steaks in saucepan. Cover and poach the fish for 10 minutes or until it flakes.
 - 4) Remove fish and serve with a garnish of Parsley.
- Serves 4

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