

THE CULINARY

Playground



New England Baked Haddock

4 servings

6 T salted butter, melted

1.5 lbs haddock, patted dry

1 c crushed ritz crackers

Pinch of Salt

Pinch of Pepper

¼ c fresh chopped parsley

1 lemon, cut into 4 wedges

Preheat the oven to 350 degrees.

Place a spoonful of melted butter in the bottom of two 8” square pans and, using a pastry brush, spread the butter all over the bottom of each pan (this is so the tender fish does not stick and adds flavor).

In a small bowl, mix crushed ritz crackers with the remainder of the melted butter and chopped parsley.

Cut the fish into 4 equal servings and sprinkle liberally with salt and pepper, on both sides of fish. Lay the seasoned fish in the butter baking dish.

Spread the cracker crumb mixture evenly over each fish and lightly press with your fingers.

Bake for 15 minutes.

Serve each helping with a wedge of lemon.

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Lemon Rice Pilaf

4 servings

2 T olive oil
1 c onion, grated
1 c jasmine or basmati rice
1 clove garlic, grated
1 t lemon zest
1 t lemon juice
1 c chicken (or veggie) broth
1/2 t salt

In a 2 quart saucepan, over medium heat, add olive oil and wait until it shimmers. Add rice and stir to coat rice with oil. Grate in onion and garlic and stir well. Cook rice mixture for a few minutes until rice starts to slightly brown.

Add lemon zest and saute for 30 seconds.

Add lemon juice and broth and salt.

Bring to a boil. Cover and reduce the heat and cook until all the liquid is absorbed (about 15 to 20 minutes).

Remove from heat and fluff with a fork before serving.

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Lemon Bars

4 servings

1/2 cup butter, softened

1/4 c sugar

1 c flour

2 eggs

3/4 c sugar

1/8 c flour

1 lemon, juiced

Powder sugar for dusting, if desired

Preheat oven to 350 degrees.

In medium bowl, blend together the softened butter, flour and sugar. Press into the bottom of an 8x8 square, ungreased, pan.

Bake the bottom for 15-20 minutes until firm and slightly golden brown.

In handle bowl, whisk together sugar, flour, eggs and lemon juice.

Pour the liquid mixture over the baked crust.

Bake for an additional 20 minutes. Bars will firm up as they cool.

Dust with powdered sugar, if desired.

Cool completely before slicing.