



MULLET CREOLE

INGREDIENTS:

1 Clove garlic, finely chopped	1 (16 oz) Can of Spanish style tomato sauce	1/4 Tsp. Italian seasoning dash of cayenne pepper
1 Cup chopped onion	1/2 Cup dry red wine or water	1 Pound mullet, cleaned and cut in bite size pieces
1 Green pepper, chopped	2 Small, whole bay leaves	3 Cup hot cooked rice
1/2 Cup chopped celery	2 Tbsp. snipped parsley	
3 Tbsp. butter or margarine	1/2 Tsp. salt	

PREPARATION:

Combine garlic, onion, green pepper, celery and butter in a 1 1/2-quart casserole. Microwave 3 minutes on high or until onion is transparent. Stir in tomato sauce, wine, bay leaves, parsley, Italian seasoning, salt and pepper. Cover with waxed paper. Microwave 5 minutes covered to finish cooking. Remove bay leaves, add mullet; stir. Cover with waxed paper. Microwave 4 minutes on high. Let stand 5 minutes. Serve over rice.

Enjoy!

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