

CAPE COD COMMERCIAL  
**FISHERMEN'S  
ALLIANCE**



**Baked Pollock or White Hake  
or any other groundfish**

We adapted this recipe from The Gloucester House Restaurant, and it makes a restaurant-size amount. We actually like it this way because you make it once, and then you can freeze it in cup containers that you can pull out of the freezer the morning you want to make fish and have an easy, quick dinner.

**Ingredients:**

1 pound fresh breadcrumbs  
1/2 pound fresh ground Ritz crackers  
1/2 cup chopped Italian parsley  
3 Tablespoons chopped garlic  
1/2 cup grated Italian Parmigiano cheese  
1 cup olive oil

1/2 stick butter, melted (this is called drawn butter)

Filletts of groundfish, such as pollock, white hake, cod or haddock (use serving size of 6 ounces per person)

1/4 cup white wine  
one lemon, to squeeze on top of fish when done

Preheat oven to 425 degrees.

Mix top six ingredients together. Once mixed well, slowly add drawn butter a little bit at a time until the mixture gets a moist texture and crumbly. You may not use all of the butter.

Place fish filletts in a baking dish and top with bread crumb mixture. Add a little drizzle of drawn butter on top. Pour a small amount of white wine around the fish. (You may not need it all.)

Bake for 15 minutes until crumbs are golden brown. Squeeze some lemon on top before serving.