

## PESCADO RELLENO

(Stuffed Fish)



- 4 tablespoons of butter
- 3 white onions, chopped
- 1 cup mushrooms, sliced
- 1/4 lb ham, minced
- 12 pitted ripe olives, minced
- 1/2 cup white wine
- 2 slices white bread, trimmed
- 1/2 cup milk
- 1 egg, beaten
- 2 hard cooked eggs, chopped
- 3 teaspoons salt
- 1 1/2 teaspoons pepper
- 1 whole fish (about 4 lb.), snapper, whitefish, pompano  
or mackerel
- 1 teaspoon Spanish paprika
- 3 tablespoons lemon juice
- 4 tablespoons olive oil
- 3/4 cup bread crumbs

Melt the butter in a saucepan. Add the onions and mushrooms and saute for 10 minutes, stirring frequently. Add the ham and olives and saute for 5 minutes. Add the wine. Cover and cook over low heat for 15 minutes. Remove from heat and let cool for 10 minutes. Soak the bread in the milk for 5 minutes. Squeeze out all the liquid. Mash the bread with a fork and add to the previous mixture. Add the egg, chopped egg, 1 teaspoon of the salt and 1/2 teaspoon of the pepper and mix well.

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Have the fish split but not cut apart, so that it may be stuffed. Remove the central bones. Sprinkle the fish with the remaining salt and pepper, paprika, lemon juice and olive oil. Stuff the fish with the mixture and fasten the opening carefully with skewers, toothpicks or thread. Preheat oven to 375 degrees. Place in a buttered baking dish. Sprinkle with the bread crumbs and dot with butter. Bake in a 375 degree oven for 40 minutes, or until fish is browned and flaky. Sprinkle a little parsley on the fish and place on a platter. Serve hot or cold.

from: Waldo, Myra. *Pan American's Complete Round-the-World Cookbook*, New York, Doubleday & Company, 1954 p.426.

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