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The Fish Folks' Rockin' Rockfish

Ingredients:

- 1 pound of Rockfish from The Fish Folks
- $\frac{1}{3}$ cup of good quality mayonnaise
- 1 tablespoon of garlic infused olive oil
- 2-4 drops of hot sauce (optional)
- $\frac{1}{3}$ cup of Italian-style panko
- $\frac{1}{8}$ teaspoon of red pepper flakes (optional)
- salt and pepper, to taste

Directions:

Preheat oven to 375 degrees. Line a 9 x13 baking dish with foil and spray with nonstick cooking spray. Place the Rockfish in the prepared dish. In a separate bowl, mix the mayonnaise, olive oil, and hot sauce. Spread the mayonnaise mixture over the top of the Rockfish. Sprinkle the panko and red pepper flakes over the mayonnaise layer. Add salt and pepper, to taste. Bake the fish @ 375 degrees for about 20-25 minutes for a large fillet of Rockfish. Reduce cooking time to 15-20 minutes for smaller fillets of Rockfish. Enjoy with your favorite side dish and fishing buddy.

Servings: 2 adult portions

Garlic infused olive oil tips...
Add 2-3 smashed garlic cloves to 1 cup of olive oil and lightly simmer 2-3 minutes. Cool the oil and store in an airtight container for future use.