

# Baked Sheepshead



- 2 medium sheepshead filets
- 1/2 bunch parsley
- 1 sm sweet onion
- 1 sm bell pepper
- 1 c white wine
- 1 c water
- salt & pepper to taste

Preheat oven to 400 degrees and butter a baking dish just big enough for two filets. Chop half a bunch of parsley and a small sweet onion, julienne a small bell pepper and scatter all over the fillets in the pan. Pour a cup of white wine and a cup of water over the fish; add salt and pepper to taste. The liquids should nearly cover the fish. Cover the fish with buttered parchment paper. Cook, basting occasionally, for 15-18 minutes depending on the thickness of the filets, or until fish is cooked through. To make an optional lemon sauce, strain liquid from the pan. Make a roux by cooking flour in butter until it forms a smooth paste. Lower the heat and gradually add the fish broth to the roux, along with the juice of a lemon, whisking constantly as you add liquid until the gravy is the desired thickness. Plate the fish with some of the strained veggies and drizzle the gravy over it.

This would be good served with rice but we enjoyed it with hot crusty bread to sop up the pan liquid.