

Broiled Striped Bass with Paprika and Herbs

ANOTHER FRESH SEAFOOD IDEA

Now is the time of year for striped bass! A long-time favorite up and down the East Coast, striped bass were mentioned by Capt. John Smith in Colonial times and were served at the first Thanksgiving.

Often called rockfish in the South, striped bass have sweet, white meat with firm flakes. Those under 36 inches in length are best for eating. The texture of larger ones is coarse and they can contain high levels of heavy metals.



Striped bass are delicious prepared in just about any way you like. You can simply brush with oil or butter, add salt and pepper, and cook on the grill. Or use them in any favorite white fish recipe.

A 3 ½ ounce serving contains 96 calories, almost 18 grams of protein and 80 mg. of cholesterol. They are a good source of selenium. (Source: USDA)

Also available are hybrid striped bass, discussed in the accompanying entry by David Green.

This recipe, from **Mariner's Menu: Thirty Years of Fresh Seafood Ideas**, can be used for either striped bass or hybrid striped bass.

2 pounds striped bass fillets
½ cup margarine or butter, softened
½ teaspoon salt
1 teaspoon paprika
½ teaspoon freshly ground black pepper
2 tablespoons minced green onion, including tops
2 tablespoons minced fresh parsley
1 ½ teaspoons minced fresh tarragon
1 tablespoon fresh lemon juice

In small bowl, combine margarine, salt, paprika, pepper, green onions, parsley, tarragon and lemon juice. Spread over fish. Broil about 4 inches from heat, basting once or twice with pan juices, until fish is done, about 8 to 10 minutes. Transfer to serving dish and pour pan juices over fish. Serves 6 to 8.

Contributed by Joyce Taylor