

## Main Dish

### Dutch Oven Braised Fish

Makes 3-4 servings

Prep time:

**Allergy Alert:** fish

#### Ingredients

2 lb. white fish fillets

3 ribs celery, chopped

1/2 cup onions, chopped

1/4 cup green onion, chopped

1/2 lb. fresh mushrooms, sliced

4 tablespoons olive oil, divided

2 tablespoons Worcestershire sauce

salt and pepper to taste

Tabasco sauce to taste

paprika

**Adult Option:** 1 cup dry white wine

#### Slow Cooker Instructions

Ready for testing and writing

#### Dutch Oven Instructions

Cooking time: 15 to 20 minutes

Ideal Dutch Oven size: 12"

Coals: 6 on Bottom, 20 on Top (~350 Degrees)

1. Preheat Dutch oven.
2. Add 3 tablespoons olive oil.
3. Sauté celery, onions, green onions, and mushrooms until onions are clear and vegetables are soft, stirring often to prevent burning.
4. Remove vegetables from Dutch oven.
5. Place a few onion rings in bottom of Dutch oven to act as trivet for the fish.
6. Cut fish into serving pieces and place side by side in a single layer in Dutch oven on top of onions.
7. Season with salt and pepper and 2 or 3 drops Tabasco on each piece of fish, then pour in sautéed vegetables, spreading over fish.
8. Combine remaining olive oil and Worcestershire sauce and pour over fish.
9. Adult option: Add wine.
10. Place 20 coals on lid and bake 10 to 12 minutes.
11. Open oven and sprinkle with paprika.
12. Place all coals on lid and bake approximately 5 to 8 minutes.