

Seasonal Eating



Grilled Fish over Spinach with Lemon Ginger Sauce

4 filets mild, white fish (cod, tilapia, orange roughy, etc.)
Old Bay seasoning
2 tablespoons butter
2 cloves garlic, minced
1 pound fresh spinach
1/4 cup white wine
2 tablespoons grated fresh ginger root
1 tablespoon soy sauce
Juice of 1/2 lemon
Salt and pepper to taste
2 tablespoons cream

Sprinkle fish with Old Bay seasoning and sauté in butter and garlic until just cooked through, turning once. Divide spinach among four serving plates. Remove fish from pan and lay on top of spinach. In same pan add wine and deglaze, cooking wine for a minute. Add ginger, soy sauce lemon juice, a sprinkling of Old Bay seasoning, salt and pepper. Let cook for another minute or two. Add cream and heat through. Pour over fish and spinach and serve immediately.