



*Whole Fish*  
*Okra and Tomato Stew*

Serves 4 people

Okra Tomato Stew:

4 strips	Bacon
1 each	Onions (diced)
1 each	Bell pepper green (diced)
1 bunch	Celery (chopped)
8 cloves	Garlic (minced)
1 tbsp	Basil (chiffonnade)
1 tbsp	Thyme (chiffonnade)
2 each	Tomatoes (diced)
1 bags	Okra (fresh or frozen)
2 tbsp	Crystal Hot Sauce
2 tbsp	Worcestershire Sauce
1 bunch	Green Onions (chopped)
1 bunch	Parsley (chopped)
1 tbsp	Red Pepper Flakes
to taste	Salt and Fresh Ground Black Pepper

Method:

- In a medium sauté skillet render bacon. When Bacon is starting to crisp lightly, add the onions, celery and bell pepper. Cook until light brown. Add the garlic and cook for 3 minutes.
- Add the okra, tomatoes, hot sauce, Worcestershire, green onions and red pepper flakes. Simmer for 45 minutes.
- Season to taste with salt and pepper.
- Add the fresh herbs. (basil, thyme and parsley)
- Remove from heat and keep warm.

### **Whole Fish:**

4 each

Whole Fish (1 ½ to 2 lbs)

- The Ideal whole fish would be Red Fish, Speckled Trout, Stripped Bass or Red Snapper.
- Remove the scales and guts.
- The fish can be cooked in a number of ways: Grill, Sauté, Baked or Fried.
- Cook the fish in the cooking method.

### **To Serve:**

- Serve the fish family style. On a large platter place the okra tomato stew in the center.
- Place the cooked whole fish on top and garnish with fresh chopped parsley or chives.
- Enjoy.