

Lemon Pepper Baked Spanish Mackerel

2-3 Lemons

Cracked Peppercorn

Butter

Salt (optional)

Old Bay (optional)

- Wash the fish under cold running water and pat dry with paper towels.
- Place fillets skin side down in lightly greased (with butter) glass baking pan.
- Generously squeeze 2-3 lemons over fillets (remove seeds).
- Grind enough pepper over fillets to moderately coat fish.
- Lightly salt .
- Place pats of butter randomly over fish (approx. every 3 inches).
- Bake at 375 degrees for 10-15 minutes depending on thickness of fish. Test with fork for doneness (white and flakey when done).

Captains Choice (optional)

Lightly sprinkle with Old Bay before baking (makes flavors pop).

Captains Tip

The key to really good Lemon Pepper fish is three things; real lemons, real cracked pepper and real butter (no skimping)!

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