

## Broiled Marinated Snapper

The use of tamari in marinating takes advantage of its qualities as both flavor enhancer and tenderizer.

Rinse fish under cold running water, then pat dry. Combine marinade ingredients in a pie plate or baking pan. Lay fish in marinade, then turn over. (This coats the top of fillets while other side is marinating.) If desired, lightly sprinkle with cayenne. Marinate 15 minutes, then turn over. Sprinkle with a little more cayenne (if using) and marinate 15 minutes more. Occasionally spoon marinade over top of fish.

Preheat broiler. Remove fish from the marinade and place on oiled baking sheet. Reserve marinade. Broil fish on one side about 5 minutes. Turn fish, spoon a little marinade on top, and broil about 3 minutes more. (Broiling time will vary according to thickness of fish. If still translucent at the center, cook a few minutes more and check again.) Serve hot. If desired, sprinkle teaspoon or two of marinade over each serving. Garnish with lemon wedge and sprig of parsley or watercress.

### **Preparation List:**

#### **Serves 3-4**

- 1 1/3 pounds fresh snapper fillets (can substitute cod, sole, haddock, or grouper)
- Pinch cayenne pepper (optional)
- 3-4 lemon wedges
- Parsley sprigs or watercress for garnish

### **Marinade:**

- 2 tablespoons tamari
- 1/4 cup dry white wine or sake
- 1 tablespoon extra virgin olive oil or sesame oil
- 1 tablespoon lemon juice
- 1 clove garlic, finely minced
- 1 teaspoon peeled and finely grated ginger