

STUFFED FISH

Directions

Saute green onions and fresh herbs lightly before mixing into cooked wild rice. Stuff the fish cavity with rice and skewer or sew it shut. Put the fish whole in an oiled covered baking dish. Pour in fish stock to at least 1/2 inch deep Bake in a 400 oven for 15 minutes, remove the cover and bake 15 minutes longer.