

Oriental King Mackerel Steak

Serves 6

Ingredients

- 2 lbs. King Mackerel Steak or other fish steak
- 1/4 cup orange juice
- 1/4 cup soy sauce
- 2 Tbsp catsup
- 2 Tbsp melted fat or oil
- 2 Tbsp chopped parsley
- 1 Tbsp lemon juice
- 1 clove garlic, finely chopped
- 1/2 tsp oregano
- 1/2 tsp pepper

Instructions

1. Cut fish into serving portions and place in a single layer in a shallow baking dish.
2. Combine remaining ingredients and pour over fish. Let stand for 30 minutes, turning once.
3. Remove fish, reserving sauce for basting.
4. Place fish in a well-greased hinged wire grill or on foil paper.
5. Cook about 4 inches from moderately hot coals for 8 minutes.
6. Baste with sauce; turn and cook for 7-10 minutes longer, or until fish flakes easily when tested with a fork.

ORIENTAL KING MACKERAL STEAK

2 lbs. King Mackerel Steak or other fish steak
 $\frac{1}{4}$ cup orange juice
 $\frac{1}{4}$ cup soy sauce
2 tablespoons catsup
2 tablespoons melted fat or oil
2 tablespoons chopped parsley
1 tablespoon lemon juice
1 clove garlic, finely chopped
 $\frac{1}{2}$ teaspoon oregano
 $\frac{1}{2}$ teaspoon pepper

Cut into serving portions and place in a single layer in a shallow baking dish. Combine remaining ingredients. Pour over fish and let stand for 30 minutes, turning once.

Remove fish, reserving sauce for basting. Place fish in well-greased hinged wire grill or on foil paper. Cook about 4" from moderately hot coals for 8 minutes. Baste with sauce; turn and cook for 7-10 minutes longer or until fish flakes easily when tested with a fork.

Serves 6.