

Baked Porgy with Basil

Porgy

Porgy, scup—it is the same fish for us in New York. Whatever you choose to call it does not mean it is any less of a fish. This fish packs a big punch for its small size, and makes for excellent fishing for new anglers. Many seasoned anglers look forward to resuming their fishing trips with the first porgy run. The best time to catch porgies in New York bays is June, when bigger fish come up to shallow inshore areas. Porgies move to deeper waters for winter, but good catches can still be seen in early fall before the first chill. The last two years has seen a significant increase in the porgy population, making it an even more important recreational fishery.

But if you're not catching your own, porgies are available in fish markets for most months of the year. According to the NY Seafood Council, a skinless 3-ounce portion of porgy has only 120 calories, contains 21 grams of protein, 3 grams of fat and 45 mg of sodium. It is also a source of omega-3 fatty acids and contains no saturated fats or cholesterol.

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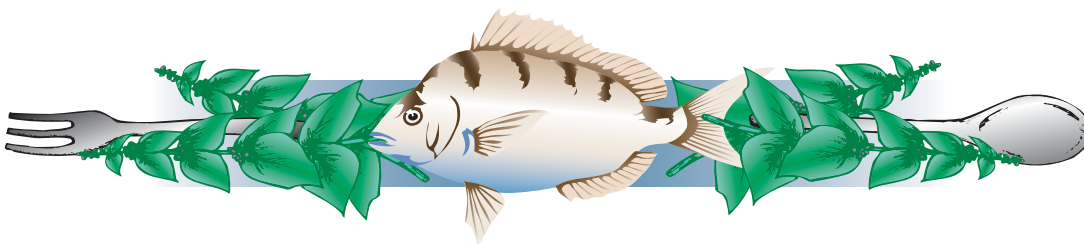
Ingredients

- 4 porgies (scup), whole, scaled, finned, gilled & cleaned, (3/4 pound each)
- 3 tbsp. butter, margarine or olive oil
- 3 tbsp. shallots or green onions, minced
- 1 tsp. salt
- 1 cup white wine, dry
- 3 tbsp. basil (20 leaves) fresh, chopped (or 1 tbsp. dried basil)

Recipe courtesy of Tony DiLernia, Kingsborough Community College, Brooklyn, NY.

Method

Preheat oven to 375°F. Use a cooking spray or coat the bottom of a baking pan with vegetable oil. Spread shallots or green onions in the baking pan. With a sharp knife make several slits along the sides of each porgy. Place fish on the bed of onions and sprinkle with salt and chopped basil. Set aside for approximately 5 minutes to mix flavors. Pour wine over the fish and dot the fish with the butter or margarine (or drizzle with olive oil). Cover with foil and bake for 10-15 minutes until the fish flesh turns opaque and begins to flake. *Serves 4. Preparation time 10-15 minutes.*



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