



ORANGE ROUGHY STUFFED WITH MACADAMIA NUTS

Serves 6 people

- 6 – 5 oz orange roughy fillets
- 1 – cup bread crumbs
- 1/2 cup chopped macadamia nuts
- 1/2 tsp chopped dill
- 1/2 tsp chopped parsley
- 1/4 cup chopped onion
- 1/8 cup chopped celery
- 1 tbsp canola oil
- Salt and pepper to taste

Lay fillets out and lightly season them. Place the oil in a sauce pan and place on a medium high heat for 3 minutes. Add onion and celery and sauté for about 5 minutes, stir often. Add bread

crumbs, nuts, dill, parsley, salt and pepper. Mix well and adjust texture with water to make a stuffing that holds together when you squeeze it in your hands. Place about 1 oz of stuffing on the thick end of each fillet. Roll towards the thin end and secure with a toothpick. Bake at 350°F for about 10 – 15 minutes.

Serving suggestions

- Wasabi potato pancake
- Garnish with BBQ'd "Mudbugs" (or langoustines or junti shii)
- Fresh steamed rice and vegetables

This recipe courtesy Executive Chef Steve Driver and Sous Chef Rusty Penno from Boffins.

Boffins offers cooking classes to its members on a monthly basis. Classes range from themes such as Asian cuisine, East Indian cuisine and summer BBQing to bread making, soups and stews. Guests are taken through the process of preparing items from scratch with hands-on training.

Classes are both entertaining and informative, with on- and off-topic discussions featuring a wealth of knowledge and kitchen lore shared by both chefs and managers. The finale of the class comes when everyone is seated at a large table together and returns to the kitchen with plate in hand to sample the foods that have been prepared.

For schedules and costs contact Ray Dulos at 249-5344.