



THE CAPTAIN'S FAVORITE BAKED HADDOCK

Serves 4

2 lbs. haddock fillets
2 T grated parmesan cheese

8 T (1 stick) melted butter
1/3 C chopped onion
Salt and pepper to taste
3/4 C tomato ketchup
3/4 C hot water
1/3 C chopped parsley

Place fish in shallow baking pan. Sprinkle cheese over fish. Mix butter, onion, salt, pepper, parsley, tomato ketchup and hot water. Pour over fish and bake uncovered in 350-degree oven for about 30 minutes or until fish is cooked through in the center. To serve, sprinkle with chopped parsley.