

Baked Striped Bass with Herb Stuffing (serves 6 - 8)[Close Window](#)

3-4 pounds striped bass, cut into two fillets
Salt and freshly ground black pepper
3+ tablespoons butter
½ cup chopped shallots or green onions
1 clove garlic, minced fine
½ cup finely chopped celery
½ cup coarsely chopped fresh mushrooms
1 tablespoon chopped fresh chervil (or 1 teaspoon dried)
½ teaspoon chopped fresh sage leaves (or ¼ teaspoon dried)
½ teaspoon minced fresh summer savory (or ¼ teaspoon dried)
½ teaspoon minced fresh basil (or ¼ teaspoon dried)
¼ cup chopped fresh parsley
1 cup dry white wine
5 slices whole-wheat bread, toasted and coarsely crumbled
¼ cup grated Parmesan cheese
¼ cup olive oil
4 slices salt pork, thinly sliced (optional)
1 teaspoon lemon juice
Lemon wedges
Parsley sprigs

Preheat oven to 400°F. Rinse fish well under cold water, dry with paper towels, rub both sides with salt and pepper. Over moderate heat melt butter in a heavy skillet, add shallots or onions, garlic, and celery. Reduce heat and sauté about 5 minutes, or until vegetables are wilted. Stir occasionally. Add a little more butter if needed. Turn heat to high, add mushrooms and cook 3 or 4 minutes more. Add chervil, sage, savory, basil, parsley, and ½ cup of the wine; stir well, reduce heat, and let simmer for several minutes. Remove skillet from heat, stir in bread crumbs and grated cheese, lifting lightly with a fork to combine all ingredients. Additional salt and pepper may be added, if required. Allow mixture to cool slightly.

Place one fillet on shallow baking pan lined with greased foil. If the two fillets differ in size, place the larger of the two on the bottom. Arrange stuffing neatly on top of the fillet, then lay second fillet on top. Press stuffing inward if needed to help hold it in place. Rub top of fish with olive oil and dust lightly with salt and pepper. Optional salt-pork slices should be added at this point. Tie with twine if needed. In a small saucepan heat remaining wine, the olive oil and the lemon juice. Pour it over fish and bake, uncovered, about 30 to 45 minutes, or until fish flakes easily when pierced with a fork. While the fish is baking, baste it three or four times with the liquids in the baking pan. Serve the fish very hot, garnished with lemon wedges and sprigs of parsley.