

Rockfish Imperial

John Shields' recipe adapted from *Chesapeake Bay Cooking with John Shields*

Serves 6

Six - 6 to 7 ounce rockfish fillets, skin removed

Salt and pepper

Olive oil for searing

One batch Crab Imperial (recipe follows)

Imperial Topping (recipe follows)

Season both sides of the rockfish fillets with salt and pepper. Lightly coat the bottom of a well-heated ovenproof skillet with olive oil. Place fillets flesh side down into very hot skillet and sear for 1 minute. Turn the fish over and sear the other side for 1 minute. Remove pan from heat and flip fish over once again. Divide the crab imperial evenly onto the top each of the fillets.

Place the skillet back into the oven and bake for about 18 to 20 minutes. Remove skillet or pan from oven and top the imperial with the imperial sauce. Increase the oven temperature to 400 degrees. Return the skillet to the oven and brown the fillets for about 3 to 5 minutes, or until lightly browned. Remove from oven and serve immediately.

Crabmeat Imperial

4 tablespoons (1/2 stick) butter

2 tablespoons diced green bell pepper

2 tablespoons diced red bell pepper or pimiento

1/2 cup chopped mushrooms

3/4 cup mayonnaise

1 tablespoon Dijon mustard

1 tablespoon Worcestershire sauce

1/4 teaspoon Tabasco sauce

1 teaspoon capers, drained and chopped

1/4 teaspoon freshly ground pepper

1 teaspoon Old Bay

1 pound jumbo – or lump- crabmeat, picked over for shells

Melt the butter in a small skillet and sauté the bell peppers and mushrooms until soft. Set aside.

Combine the mayonnaise, mustard, Worcestershire, Tabasco, capers, pepper, and Old Bay in a small bowl and mix well. Add the sautéed peppers and mushrooms.

Place the crabmeat in a mixing bowl and pour the mixture over it. Toss gently. Refrigerate until ready to use.

Imperial Topping (Makes 1/3 cup)

1 egg, beaten

¼ cup mayonnaise

Pinch paprika

1 tablespoon chopped parsley

Combine all the ingredients in a small bowl and mix well.