

GREEN, GOLD & RED FISH DINNER

by Chef Skully Owens

Whether you come from Jamaica, Alabama or California's western shore, a fresh fish dinner makes an irie meal!

2 lbs. fresh fish fillets:

Choose a local fish that is very fresh and meaty:

Red snapper or ling cod if you are in the Yard

Catfish is great in Alabama

Tilapia or salmon if in California

2-3 cloves minced garlic

4-6 Tbs. butter

1/4 cup olive oil

2 cups sliced mushrooms: fresh in CA, maybe not in JA

2 cups crushed tomatoes: fresh or canned as you like

2 cups thinly sliced strips of sweet peppers: red, green & gold

1/2 cup dry white wine

Salt & pepper to taste

1 Tbs. freshly chopped sage to taste

let simmer for 2-3 minutes to let it evaporate, so the flavor remains and everyone can enjoy. Add tomatoes and their juice to make the sauce. Stir for 2-3 minutes gently, then add the sage and salt and pepper to taste. Return the fish to the pan and cook 5-10 minutes until the sauce is slightly thickened, the fish is cooked through and the vegetables have a good texture.

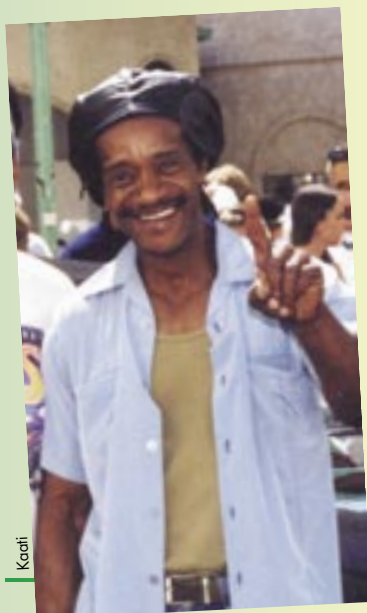
Serve with your local favorite: white rice if you are in JA; white or brown rice if on the West Coast; maybe pasta in the New England area; or grits if you are in the South. Serves 6-8 people. Enjoy. ♡

Born in Birmingham, Alabama of Jamaican descent, Skully developed a love for the kitchen at a young age. Skipping church to stay with his mama and prepare Sunday supper, he got his early training. He moved to California in the 1980s and pursued his baking career in Santa Cruz and Berkeley. In 1994, he and wife Julia opened Skully's Bakery and Café in Novato. You can catch him there every morning, doing what he loves - preparing scrumptious baked goods from scratch.

Special Note: For those of you heading north from the San Francisco area on Highway 101 to the Sierra Nevada World Music Festival in June or to Reggae on the River in August, make sure to stop by Skully's Bakery & Café at 1407 Grant Avenue in Novato, CA (or call ahead (415) 899-9773) to select some of Skully's special traveling pastries and baked goods, fried fish sandwiches or southern BBQ for your trip and weekend. You'll be happy you had the chance to sample his irie food. At Skully's everything is fresh and pure - "from the flour up!"

Gently sauté the garlic in butter and oil over medium heat in a large flat skillet. Add fish fillets and gently cook until golden brown, turning once: try not to have the pieces overlap or move them too much. Remove fish and set aside.

Add your red, gold and green to the same skillet with the pan juices and garlic. Cook 2-3 minutes until slightly softened. Add mushrooms and continue to stir and cook for 1-2 minutes. Add in wine and



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Julia Owens