GROUPER PROVENCAL

4 FILLETS GROUPER OR COD 1 SMALL ONION-CHOPPED

1 CLOVE GARLIC-CRUSHED 2 TSP CHOPPED PARSLEY

2 PINCHES THYME 2 TOMATOES, PEELED AND CHOPPED

½ CUP THINLY SLICED MUSHROOMS 1 CUP DRY WHITE WINE

PLACE FISH IN WELL GREASED BAKING DISH AND SALT AND PEPPER TO TASTE. SPRINKLE WITH ONION, GARLIC, PARSLEY, AND THYME. ADD TOMATOES, MUSHROOMS AND WINE. PLACE OVER LOW HEAT AND SIMMER GENTLY FOR 15 MINUTES, OR UNTIL FISH IS TENDER AND OPAQUE. FOR STOVE TOP COOKING A METAL SKILLET MAY BE USED. FOR MICROWAVE, USE A COVERED BAKING DISH AND REDUCE TIMING TO 5 MINUTES—LET SIT ONE MINUTE-THEN ZAP TWO MINUTES MORE. REMOVE FISH TO WARM PLATTER AND KEEP WARM WHILE SAUCE COOKS DOWN TO ABOUT HALF ITS ORIGINAL VOLUME. POUR SAUCE OVER FISH