



THE CAPTAIN'S SOLE WITH BANANAS

Serves 4

4 ripe bananas
8 4-oz pieces of sole
Butter for greasing
2 C grapefruit juice
1/2 C Captain Marden's cracker crumbs
1/2 tsp curry powder
1/2 cup sliced almonds
4 T butter

Pre-heat oven to 400 degrees. Peel and halve bananas. Gently roll 1 piece sole around each banana half and place in greased ovenproof casserole dish. Add grapefruit juice. Toss together curry powder and Captain Marden's cracker crumbs and sprinkle over fish. Top with almonds. Dot with remaining butter. Bake for 20 min. Carefully remove fish with spatula to plates. Spoon remaining liquid on and around the fish.