



Off The Hook Fish Rub

Sugar, salt, black pepper, mustard, dill, and garlic

Uses: Works well with all fish and shell fish. Also works beautifully on pork and chicken.

Preparation: Rinse and pat dry Fish. Gently rub a light coating of **Off The Hook Fish Rub** on fish and let stand ten minutes. Place on grill or in oven and cook until sides of fish turn opaque. Turn fish over and cook until fish flakes with a fork. Serve with lemon wedges and **Saffron Rice**.

Saffron Rice

1 1/2 cups long grain white rice

6 to 8 thread of saffron ground to a powder

2 1/2 cups chicken stock or water

1/4 cup toasted almond slivers

Optional: 1/2 cup grilled pineapple or caramelized onions

Bring water and or stock to a boil. Add rice and saffron and reduce heat to low. Cook until all water is absorbed and rice is tender. Remove rice from heat and add toasted almonds and optional ingredients. Serve with fish, chicken or vegetables.