



The banner features a scenic background of a coastal landscape with blue water and green hills. On the left, there is a small inset image of a boat named 'The Eagle Edge II' with a handwritten note. On the right, there are three smaller images: a person holding a large fish, a person holding a large crab, and an eagle perched on a rock.

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## Tomato Sauce and White Fish

3 tins of stewed tomatoes  
Equal amount of salsa  
Heaping table spoon of garlic  
½ Tbsp. Worcestershire sauce  
1 Tbsp. of white sugar  
1 small tin of tomato paste  
Hot sauce

In a deep dish pan add 3 tins of stewed tomatoes and approximately the same amount of salsa, heat until bubbling. Add the rest of the ingredients and hot sauce to taste. Skin white fish fillets and cut into approximately 2 inch squares. Put as many chunks into the pan as you want and cook until the piece will flake easily with a fork. You will probably have to flip thicker pieces over half way through to get an evenly cooked piece. Serve on rice. Whatever is left from this meal can be made into soup by adding water and any vegetables you like and soup mix the next day.