

SO MUCH TO SEA...

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Mediterranean-style baked fish

Recipe by Eunice Henderson

Any firm white fish is suitable for this dish. The recipe serves 4, but can easily be increased for larger numbers.

Ingredients:

4 large skinless white fish fillets
sun-dried tomato pesto or sun-dried tomato paste
(there are many other varieties that include olives or chilli, so choose your favourite, simple pesto works too)
4 slices of Parma ham (or similar Serrano)
fresh basil leaves (optional)
seasoning

homemade tomato sauce (sauté onion and garlic in oil, add tinned plum tomatoes in a rich sauce, red wine, dried oregano and sun-dried tomato paste and seasoning, then simmer gently to reduce)
Parmigiano Reggiano (optional)
toasted pine nuts (optional)

Method:

Preheat oven to 180°C and lightly grease or spray a baking dish (something not too big or deep – I often use a 20cm square disposable foil tray).

Simply check fish for any skin, trim and pat dry. Lay fish out flat and season with salt and pepper. Spread a thin layer of your preferred sun-dried tomato paste.

Place a slice of the Parma ham on each fillet. Add a few basil leaves and roll up the fish fillets like a swiss roll. Stand on their ends.

Spoon over half of the homemade tomato sauce. Sprinkle with the finely grated Parmigiano Reggiano.

Place in the oven and bake for about 15 mins. Whilst cooking, add a little cream or crème fraîche to the remaining sauce to loosen and warm through. Add in some torn fresh basil leaves.

Remove the fish to a decorative serving dish. Spoon over some of the baked sauce and top with the remaining fresh sauce. Finish with fresh chopped flat leaf parsley and toasted pine nuts to decorate.

Serve with your favourite accompaniments (peerie tatties roasted with whole garlic cloves and fresh rosemary are lovely, or just garlic bread and salad).

When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

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Shetland Fish Producers' Organisation
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