



OVEN ROASTED FISH WITH HERB CITRUS DRESSING

The beauty of this recipe is that it is delicious served warm, at room temperature, or chilled. The technique of roasting fish in a very hot (450°F.) oven for approximately 10 to 12 minutes per inch of thickness is a foolproof method for cooking fish. Once cooked the fish is “dressed” with “dressing” chopped fresh herbs, lemon juice, orange and lemon zest, and bits of dried tomato. Use this preparation for any thick cut of fish: halibut, swordfish, salmon, or Pacific cod will all work well.

Fish

4 pieces of boneless and skinless fish fillets, at least ½ inch thick or preferably thicker

Extra virgin olive oil

Coarse salt and freshly ground black pepper

Herb Citrus Dressing

1 tablespoon small pieces (about ¼ inch) dried tomatoes

¼ cup fresh lemon juice

2 tablespoons cold water

2 tablespoons extra virgin olive oil

1 tablespoon minced red onion

1 tablespoon minced fresh mint leaves

1 tablespoon minced dill

½ teaspoon each grated lemon and orange zest

¼ teaspoon finely grated garlic

Lemon slices for garnish

Fresh herbs (parsley and dill) sprigs for garnish

1. Preheat the oven to 450°F. Arrange the fish on a rimmed baking sheet. Sprinkle with salt and pepper. Drizzle each piece of fish with about ½ teaspoon olive oil and sprinkle with a pinch of salt and a grinding of black pepper. Roast until the center turns from translucent to opaque, 10 to 12 minutes.

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2. While the fish is roasting make the citrus dressing: Place the dried tomatoes in a small bowl and add about $\frac{1}{4}$ cup of boiling water; let stand 5 minutes. Drain and pat dry.

3. In a small bowl combine the lemon juice, water, 2 tablespoons olive oil, $\frac{1}{2}$ teaspoon salt and a grinding of black pepper; whisk to blend. Fold in the onion, mint, dill, lemon and orange zest, garlic, and the reconstituted dried tomatoes.

4. When the fish is baked transfer it to a platter or individual serving plates. Stir the dressing with a fork and spoon it over the fish, dividing evenly. Garnish each with a lemon slice and a mint leaf or sprig of dill.

Makes 4 servings