

MEDITERRANEAN ROASTED TAUTOG



Serves 2-3

Ingredients

1 lb tautog (or sub for another firm white fish like halibut, swordfish or striped bass))
2 TBS olive oil
1/4 C diced red onion
2 large firm tomatoes, chopped
8 garlic cloves, minced
1 tsp coriander
1 tsp paprika
1 tsp cumin
1 TBS capers, drained
salt and pepper
1/4 C golden raisins
1/4 C broth
zest of 1/2 a lemon
juice of 1 lemon
chopped fresh flat leaf parsley for garnish



Directions

1. Preheat the oven to 400.
2. Heat olive oil in a large oven safe skillet, then add onion, sauteeing for 3 minutes, or until the onion turns golden in color. Next add in the tomatoes, garlic, coriander, paprika, cumin, capers, a pinch of salt and pepper and the raisins. Bring to a low simmer and cook, stirring occasionally until the sauce cooks down, then add in the broth to loosen up the sauce. Season with salt and pepper to taste.
3. Pat the fish filets dry and season with salt and pepper. Tuck the fish into the sauce and spoon some of the sauce over the fish. Sprinkle the fish with the lemon zest and pour the lemon juice over the fish. Transfer to the oven and let the fish cook 15-18 minutes, or until cooked through. Garnish with parsley and enjoy!