



3-ply stainless steel

Baked Fish
with Gremolata Crumb and Caper Mayo
3-ply Stainless Steel 24cm Shallow Casserole



Baked Fish

with Gremolata Crumb and Caper Mayo

Serves 4

Succulent chunky white fish fillets such as monkfish, cod or hake with a crunchy, breadcrumb topping with fresh garlic, lemon and parsley bound with a little olive oil. The topped fish is baked in the oven until golden and served in the casserole with lemon wedges. The caper mayo enhances the taste of the fish with delicious seaside saltiness. The lid can be used to keep the contents warm for serving at the table.

Preparation time: 10 minutes

Cooking time: 15-18 minutes

Ingredients

Fish

4 x 150g thick-cut pieces of firm white fish
2 tablespoons olive oil, plus 1 teaspoon extra
2 cloves garlic, crushed
Zest of 1 lemon
2 tablespoons freshly chopped parsley
1 teaspoon dried sage
55g fresh white breadcrumbs
250g large cherry tomatoes
4 fat garlic cloves, peeled and cut lengthways into thick slices
4 fresh bay leaves
Salt & pepper

Caper mayo

1 tablespoon of caper berries
5 tablespoons good quality mayonnaise
1 teaspoon Dijon mustard
1 teaspoon lemon juice
1 tablespoon freshly chopped parsley

To serve

½ lemon cut into 4 wedges

Method

Pre-heat oven to 200°C/ Fan 180°C

1. Brush the base of the casserole with ½ a tablespoon of the olive oil then add the fish in a single layer.
2. Combine the remaining 1½ tablespoons of olive oil with the crushed garlic, lemon zest, chopped herbs, breadcrumbs and season with ½ a teaspoon of salt and pepper.
3. Top the fish fillets equally with the crumb mixture and press it down gently.
4. Place the casserole into the pre-heated oven and cook for 15-18 minutes until the topping is golden brown and crisp and the fish is cooked through. The timing will depend on the variety and thickness of the fish.
5. Put the cherry tomatoes into a bowl with the teaspoon of olive oil, garlic, bay leaves and some seasoning and toss together. 10 minutes before the fish is ready, remove the pan from the oven and scatter the tomatoes and garlic around the fish, tucking the bay leaves under the tomatoes so that they don't brown too quickly. Return to the oven for the remainder of the cooking time.
6. Whilst the fish is cooking make the caper mayo.
7. Coarsely chop the capers and mix together with the mayonnaise, mustard, lemon juice and parsley. Decant into a small serving bowl.
8. Serve the baked fish in the casserole accompanied by the caper mayo and lemon wedges.

Cook's notes

This recipe is suitable for many types of large, firm, white fish. Try less recognised varieties such as Pollack or hake which are members of the cod family. Or perhaps mahi-mahi fish from the sub-tropical waters which has lean, meaty flesh that turns white when cooked.



3-Ply Stainless Steel
24cm Shallow Casserole



www.lecreuset.com.au

Reference No. 4077