

Baked Fish in Wine

1kg filleted fish – snapper, red emperor, flathead, your choice.
Flour for dusting
1½ cups of white wine
Olive oil
3 medium potatoes
3 firm ripe tomatoes
2 cloves of garlic
Parsley
Salt
Ground pepper

Method:

1. Pour the wine and a generous amount of olive oil into a large baking dish.
2. Chop the parsley and garlic and place into the baking dish.
3. Add the salt and pepper and stir.
4. Ensure that there are no bones in the fish.
5. Dust the fish with the flour.
6. Arrange the fish into the baking tray.
7. Peel and thinly slice the potatoes.
8. (You can semi-cook the potatoes in the microwave if you wish.)
9. Cover the fish with the thin slices of potatoes.
10. Finely chop the tomatoes.
11. Cover the potatoes with the tomatoes.
12. Sprinkle more salt and pepper on the tomatoes if you wish.
13. Cook in a moderate oven for 30-40 minutes.
14. Serve portions of fish with a wedge of lemon and a fresh salad.