

Idiot's Kitchen Recipe

– Fish Baked in Tomatoes & Onions (Psari Plaki)

Recipe from www.idiotskitchen.com – Adapted from Paula Wolfert



Ingredients:

1 pound of Tilapia or other fish fillets (halibut, orange roughy, or red snapper)
Lemon Juice
Salt & Pepper
2 Tablespoons Olive Oil
1 medium Onion, finely chopped (1 ½ cups)
1 cup Tomato Sauce
¼ cup Parsley, finely chopped
¼ cup Port (Sandman Tawny Port recommended)
½ teaspoon dried Oregano
1 large pinch (1/16 teaspoon) Allspice OR Cinnamon
½ cup Panko Breadcrumbs

Prepare the fish by rubbing both sides with lemon juice. Let the fish sit for a minute then rinse and pat dry. Season both sides of the fish liberally with salt and pepper. Let stand for 10 minutes then rinse and pat dry.

Preheat the oven to 350 degrees.

Heat 2 Tablespoons of olive oil over medium heat in a large skillet. Sauté 1 ½ cups finely chopped onion for 5 minutes until tender and golden but not browned. Add 1 cup of tomato sauce and ¼ cup chopped parsley to the onions. Season with ¼ cup port, ½ teaspoon oregano and a large pinch or either allspice or cinnamon. Cover with a lid and simmer on low heat for 10 minutes.

Coat a large baking dish (9x13) with olive oil. Place the fish fillets in the dish and cover with the tomato onion sauce. Sprinkle ½ cup of Panko Breadcrumbs over the fish. Drizzle the top of the breadcrumbs with a little olive oil and bake at 350 degrees for 20 minutes. If you are using larger or thicker fish fillets, you might need to increase the baking time by a few minutes.

Serve with couscous or rice and a vegetable. Makes 2 servings but can easily be doubled.