

Baked fish with olives and capers

White fish baked with a tangy dressing.

This is a mediterranean dish, **Greece**¹, **Italy**², **France**³, **Spain**⁴.

Quantities are for four portions.

Ingredients

4 x 125 gm boneless white fish steaks

Base:

1 small or medium red onion

1 stick celery

3 cloves garlic

30 ml Zaytoun Palestinian
FAIRTRADE olive oil

Dressing:

50 ml **FAIRTRADE** white wine

2 desert spoonfulls capers

10 Zaytoun Palestinian
FAIRTRADE pitted black olives

1 **FAIRTRADE** lime

5 ml ground paprika

to taste salt and **FAIRTRADE** ground
black pepper

Preparation

Pre-heat the oven to Gas Mark 6.

Skin the onion and chop fine.

Skin the garlic and chop fine.

Wash and chop fine the celery.

Make a layer of oil, garlic, onion and celery in the bottom of an oven proof dish and lay the fish on top.

Peel and juice the lime, discard only the pith.

Chop the lime peel very small using a double handed herb knife.

Chop the olives farly small.

Mix the chopped olives, capers, lime peel, lime juice and wine in a small mixing bowl and mix in the paprika. Season with salt and pepper.

Spoon the dressing over the fish steaks.

Cooking

Cover the dish with a lid or with foil and bake in the oven for 20 to 25 minutes.

The dish is cooked when the fish is cooked through and flakes easily.

Method

Notes

FAIRTRADE black olives are now available (Zaytoun), but they have the stone inside. They have excellent flavour and can be used in this recipe by removing the stone before chopping.

To serve

Serve hot with seasonal vegetables.

Variations

This is an exotic variation on **baked fish**⁵.

¹<http://www.fairtradecookbook.org.uk/countries/greece.htm>

²<http://www.fairtradecookbook.org.uk/countries/italy.htm>

³<http://www.fairtradecookbook.org.uk/countries/france.htm>

⁴<http://www.fairtradecookbook.org.uk/countries/spain.htm>

⁵http://www.fairtradecookbook.org.uk/recipes/baked_fish.htm