

Baked red mullet, anchovy, capers

You could use almost any fish for this, but the seasonings of rosemary and anchovy capers are at their best with mullet, sea bass or hake. The notes are Mediterranean, reminiscent of supper eaten in the baking heat. I sometimes throw a few black olives into this recipe too, usually towards the end of cooking.

Serves 2. Ready in 45 minutes

red mullet 2, large, cleaned and gutted
shallots 4

olive oil 3 tbsp

red wine vinegar 3 tbsp

rosemary sprigs 6

anchovy fillets 6

capers 2 tbsp

Rinse the fish under cold running water, then pat dry with kitchen paper. Place them side by side, with a little room between them, in a roasting tin. Heat the oven to 200C/gas mark 6.

Peel and finely slice the shallots and place them in a mixing bowl. Pour in the olive oil, a grinding of salt and pepper and the red wine vinegar. Finely chop the rosemary leaves, then stir them in.

Mash the anchovies to a paste using a pestle and mortar or finely chop them on a board, then mash with the flat side of the knife blade. Scoop them up and stir into the dressing.

Spoon the dressing over the fish, then bake for 20 minutes until the flesh of the fish will flake easily from the bones. Using a palette knife, lift the fish on to plates, stir the capers into the roasting juices in the tin, then spoon over the fish. ●