

## MEDITERRANEAN STYLE BAKED SNAPPER

### EQUIPMENT

CHEF'S KNIFE, LARGE SOLID BAKING TRAY, MIXING BOWLS, LARGE SPATULA

### INGREDIENTS

1 X 1-1.2KG WHOLE SNAPPER, 2 RIPE TOMATOES, 3 PICKLING ONIONS, 1 CELERY STICK, ¼ BULB FENNEL,  
60GM LIGURIAN OLIVES, CELERY HEART LEAVES, 4 SPRIGS SAGE, 3 SPRIGS PARSLEY,  
1 CLOVE GARLIC, SALT FLAKES, EXTRA VIRGIN OLIVE OIL

### METHOD

TO BEGIN: DICE THE TOMATO INTO 1CM CUBES AND PLACE INTO A LARGE MIXING BOWL, SEASON LIBERALLY WITH SALT AND DRESS WITH EVOO.  
TOSS WELL AND SET ASIDE.

PEEL AND CUT THE PICKLING ONIONS INTO SMALL WEDGES AND ADD TO THE TOMATO. DICE THE FENNEL INTO 1CM CUBES AND ADD TO THE MIX  
ALSO.

CRUSH AND ROUGHLY CHOP THE GARLIC, PICK THE SAGE LEAVES AND ADD TO THE OTHER INGREDIENTS, ADD THE OLIVES AND FINELY SLICE THE  
CELERY. MIX ALL THE INGREDIENTS TOGETHER AND SET ASIDE.

IN ANOTHER BOWL PICK 12-15 CELERY HEART LEAVES SEASON WITH SALT AND SET ASIDE.

SCORE THE FLANKS OF THE FISH ON BOTH SIDES AND SEASON THE FISH INSIDE AND OUT. SPOON OUT A LAYER OF VEGETABLE MIX ABOUT THE  
SAME SIZE AS THE FISH ON TO A LARGE BAKING TRAY. FILL THE CAVITY OF THE FISH WITH THE VEGETABLE MIX ALSO. PLACE THE FISH ON TOP OF  
THE VEGETABLES AND POUR OVER THE REMAINING VEGETABLE MIX, DRIZZLE WITH A LITTLE EVOO AND BAKE THE FISH IN A PRE-HEATED OVEN  
COMBI SETTING 200°C FOR 25 MINUTES.

AS THE FISH COOKS PICK AND FINELY SLICE THE PARSLEY LEAVES AND ADD THEM TO THE CELERY HEART. DRESS WITH A LITTLE EVOO MIX AND SET  
ASIDE.

ONCE BAKED PLACE THE SNAPPER AND VEGETABLES ON A LARGE SERVING PLATTER AND TOP WITH THE CELERY HEART LEAVES AND SERVE.

### HINTS & TIPS

- BAKING WHOLE FISH IS AN EXCELLENT ALTERNATIVE TO STEAMING, ENSURE YOU ADD SOME VEGETABLES THAT HAVE HIGH MOISTURE CONTENT  
TO THE FISH SO AS THE VEGETABLES COOK AND BREAK DOWN THEIR MOISTURE KEEPS THE FISH MOIST.