

ROASTED WHOLE RED SNAPPER WITH TOMATOES

F EASY

Last Modified: 02/25/2014

PREP: 20 Min
COOK: 40 Min
OVEN: 325

SEAFOOD

MAKES 4 SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|-------|---------|--------------------------------------|-------------|
| 3 | Pounds | FRESH Whole Red Snapper | Head On |
| 2 | Pints | Cherry Tomatoes (Red / Yellow / Mix) | Halved |
| 10 | Oz | Fingerling Potatoes (Blanched) | Diced |
| 1 | Cup | Low Sodium Chicken Stock (Swanson) | |
| 10 | Whole | Fresh Basil Leaves | |
| PLUS | | | |
| 1 | Tbsp | Fresh Basil Leaves | Chopped |
| 5 | Sprigs | Fresh Oregano | |
| PLUS | | | |
| 1/2 | Tbsp | Fresh Oregano Leaves | Chopped |
| 2 | Cloves | Garlic | Crushed |
| 1/2 | Medium | Lemon | Thin Sliced |
| PLUS | | | |
| 1 1/2 | Medium | Lemon | Wedged |
| 5 | Tbsp | Extra Virgin Olive Oil (EVOO) | |
| 1 +/- | Pinches | Crushed Red Pepper Flakes | To Taste |
| 1 +/- | Pinches | Kosher Salt | To Taste |
| 1 +/- | Pinches | Fresh Ground Black Pepper | To Taste |

PREPARATION

| | |
|---------|---|
| FACTOID | This is healthy, tasty, quick, easy, attractive and allows you and your friends to release your Neanderthal tendencies by tearing apart and eating a whole Animal at the table. |
| FACTOID | Fresh Fish should NOT smell fishy. It should smell like the sea. The eyes should be clear and not clouded at all. |
| CAUTION | If not already done for you by your Fish Monger, you need to scale and clean the Red Snapper (OR any other fresh whole fish you have available) leaving the head on. |
| TOOLS | 1) Large Stainless Steel Roasting Pan 2) Kitchen Scissors 3) Large Serving Platter With Sides 4) Medium Saucepan & Lid |
| PREP | DISH 1) Slice the Cherry Tomatoes in half pole-to-pole and set them aside. 2) Dice the Fingerling Potatoes and set them aside. 3) Chop 1 tablespoon of the Basil Leaves and set them aside. 4) Chop the Oregano Leaves and set them aside. 5) Crush the Garlic Cloves and set them aside. 6) Thinly slice 1/2 of the Lemon and set it aside. 7) Preheat the oven to 325 degrees with a rack in the lower third. |
| 1 | In a medium saucepan over medium high heat, cover the diced Potatoes with water bring to a boil and blanch them for 3 minutes. Drain and set them aside |

ROASTED WHOLE RED SNAPPER WITH TOMATOES

| | |
|--------------|--|
| 2 | If the Fins are still on the Fish, use kitchen scissors to cut them off (leaving the Tail ON). Sprinkle both the inside and the outside of the Fish liberally with Salt and Pepper. Stuff the cavity with 1/4 teaspoon of Crushed Red Pepper Flakes, the whole Basil Leaves, Oregano Sprigs, Crushed Garlic and as many Lemon Slices as you can. |
| 3 | Using a large roasting pan over medium high heat add in about 2 tablespoons of the Olive Oil and heat until smoking. Carefully add in the Fish and cook until well browned on one side, 3 to 4 minutes. Carefully turn the Fish over using a large spatula (keeping the back side pressed down so as not to spill out the stuffings (Grab the Tail if it's not too hot). Cook on the other side until well browned, about 2 minutes more. Carefully take the Fish out of the roaster and use wadded paper towels to wipe the pan clean of the Oil. |
| 4 | Add in another tablespoon of Olive Oil, a pinch of Red Pepper Flakes, the Tomato Halves, the Blanched Diced Potatoes, Chopped Oregano and a large pinch of Kosher Salt and cook until the Tomatoes begin to lose some of their liquid, about 4 minutes. Carefully return the Fish to the roaster, laying it on top of the Vegetables and evenly drizzle about a tablespoon of Olive Oil over the top of it. Add in the Chicken Stock and squeeze the remaining Lemon Half into the Sauce - NOT on the Fish itself. Cook on the stove another 3 to 4 minutes, constantly spooning the Sauce over the Fish and also moving some of the Tomatoes and Potatoes on top. |
| 5 | Finish roasting the Fish in the oven for 18 to 19 minutes. (To check for doneness, push the head down towards the chest gently in the area between the nose and the top of the head; when the head <u>easily</u> moves away from the back of the neck, it is ready.) Do NOT overcook your Fish. Adjust the roasting time for the size of the Fish you are using. |
| 6 | Turn the oven off. Remove the Fish from the oven and gently transfer it to a serving platter with sides, pouring any liquid still in its cavity back into the roaster. Tent the Fish platter with aluminum foil and place it back in the oven to keep it hot. Return the roaster to the stovetop over medium heat and cook the Sauce and Vegetables for a minute or two to concentrate the flavors. Add another tablespoon of Olive Oil to the roaster and the Chopped Basil, season with additional Salt and Pepper if necessary. Pour the Sauce and Vegetables over the top of the Fish. Surround the Fish on the serving platter with thin cut (1/2) wedges of Fresh Lemon. |
| SERVE | Spoon the Sauce over the Fish and serve while hot. Guests should use 2 large serving spoons to remove their servings off the Fish. (Don't forget to turn the Fish over to eat off of the other side!) |

ROASTED WHOLE RED SNAPPER WITH TOMATOES

