



FISH BAKED WITH TOMATOES AND HERBS

(Psari Plaki)

Greeks usually prefer their fish cooked plain and whole on the grill. This classic dish is one of the few in which fish and vegetables are baked together.

2 1/2 -3 pounds thick fillets from white-fleshed fish: snapper, cod, etc.
2-3 tablespoons fresh lemon juice
4 tablespoons Krinos Extra Virgin Olive Oil
1 large onion, peeled and sliced
2 celery ribs, trimmed and cut into
2-inch pieces
2 garlic cloves, peeled and sliced thin
Salt, freshly ground black pepper, to taste
1 1/2 cup peeled, chopped, fresh plum tomatoes
1/3 cup dry white wine
3 tablespoons chopped fresh parsley

Sprinkle fish with lemon juice and let stand for 20 minutes.

Heat 2 tablespoons of olive oil in a large skillet and sauté onion and celery until wilted. Add garlic and cook for one more minute.

Preheat oven to 350°F. Brush a large oven-proof glass dish with remaining olive oil. Place fish in baking dish, and season with salt and pepper. Top with onions, celery, parsley and raw chopped tomatoes. Pour in wine and bake, uncovered, until fish is tender, about 12-15 minutes. Remove and serve hot.

Yield: 4-6 servings