

Snapper Mediterranean

Anthony Sicignano - Chef, The Breakers, Palm Beach, FL
Palm Beach Post

Servings: 4

4 snapper fillets
flour for dredging
1 cup olive oil

FOR THE SAUCE

2 tablespoons olive oil
2 tablespoons garlic, minced
1/4 cup onion, chopped
pinch red chili flakes
1/2 cup black olives, quartered
1/4 cup roasted red peppers, diced
3 tablespoons capers
3/4 cup white wine
1 1/2 cups tomato sauce
6 tablespoons butter
juice of two lemons
3 tablespoons parsley, chopped

Preheat oven to 350 degrees.

Make the fish: Season and lightly flour the snapper on both sides.

Cook over medium-high heat in the olive oil (fish does not need to be fully cooked at this point).

Make the sauce: Warm the olive oil over medium heat in a sauce pot. Add the olives, peppers, capers, wine and reduce by half. Add the tomato sauce and reduce until thickened.

Remove from the heat. Add the butter, lemon juice and parsley. Pour the sauce over the snapper.

Bake for 5 minutes.

Serve alone or over cooked pasta.

Per Serving (excluding unknown items): 998 Calories; 83g Fat (76.4% calories from fat); 47g Protein; 11g Carbohydrate; 2g Dietary Fiber; 127mg Cholesterol; 1082mg Sodium. Exchanges: 6 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 16 Fat; 0 Other Carbohydrates.