

PESCE ALL'ACQUA PAZZA (MEDITERRANEAN POACHED FISH)



SILVIA COLLOCA RECIPE
SERVES 4

The literal translation of this dish is 'fish in mad water', the madness being a delectable tomato, wine and olive oil broth gently poaching white fish fillets.

Ingredients

- 3 tablespoons extra-virgin olive oil
- 2 spring onions, pale green and white parts thinly sliced
- 2 garlic cloves, bashed with the back of a knife, skin on or off (according to you)
- tip of a teaspoon of chilli flakes
- 150 g (1 cup) cherry tomatoes, halved
- 150 ml dry white wine
- salt flakes and freshly ground black pepper
- 4 x 200 g ling fillets (or any other white, boneless and skinless fish)
- finely chopped flat-leaf parsley leaves, to serve
- crusty bread, to serve



1. Heat the olive oil in a large heavy-based frying pan over medium heat. Add the spring onion, garlic and chilli flakes and cook for 1-2 minutes or until the spring onion is softened. Add the cherry tomatoes, stir well and cook for 1 minute, then pour in the wine and allow it to bubble away for 2-3 minutes to cook out the alcohol.
2. Add 150 ml water to the tomato mixture, season with salt and pepper and add the fish. Turn the heat to low, cover with a lid and cook gently for 3-4 minutes or until the fish is almost cooked through. Remove from the heat and let the fish rest in its poaching liquid with the lid on for another 5 minutes to allow the residual heat to finish cooking it.
3. Divide the fish and poaching liquid among serving bowls, scatter on the parsley and serve with lots of bread for mopping up the delicious juices.

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