



Rockfish Puttanesca

30 min

CA

OR

WA

4

Ingredients

4 (6-ounce) rockfish or sablefish fillets (about 1 ½ pound)

1 ½ tsp salt

¼ tsp freshly ground black pepper

¼ cup all-purpose flour

3 Tbsp olive oil

1 ½ cups diced fresh tomatoes (preferable; about 2 medium) or canned tomatoes

2 Tbsp (5 cloves) finely chopped garlic

1/3 cup pitted black olives, preferably niçoise

2 Tbsp capers drained and rinsed

¼ cup dry, white wine, such as chardonnay or pinot grigio

1 Tbsp chopped fresh Italian (flat-leaf) parsley

2 Tbsp butter, cut into pieces

Orzo and sautéed spinach for serving

Marinate Fish

Add rockfish or sablefish (black cod) to a bowl with the diced onion.

Add lime juice to cover.

Refrigerate till fish is “cooked” (about 4 hours).

Drain lime juice off in a colander or strainer.

Cook the Fish

Preheat oven to 200 degrees.

Place fish on a baking sheet and season the top of each fillet with ¼ teaspoon salt and a pinch pepper.

Place the flour in a shallow bowl or plate. Dip the fish in the flour on both sides and return to the baking sheet until ready to cook.

Meanwhile, place a large (12 to 14-inch) sauté pan over medium-high heat for several minutes. When hot, add olive oil and heat until shimmering.

Add fish, presentation side down. Cook until golden on one side, about 3 minutes. (You may have to cook the fish in two batches, adding more oil if necessary.)

Using a fish spatula flip fish over and continue to cook until golden, another 3 to 4 minutes.

Place fish on a heat-proof serving platter and place in oven while you finish the dish.

Make the Sauce

Place the pan over medium-high heat.

Add the garlic and sauté until fragrant, stirring once or twice (about 1 minute).

Add the tomatoes, season with ½ teaspoon salt and 1/8 teaspoon black pepper and cook for 2 minutes, stirring occasionally.

Add the olives, capers, white wine and parsley. Increase heat to high and simmer sauce until slightly reduced.

Remove pan from heat and swirl in the butter.

Remove fish from oven.

Pour tomato mixture on top and serve on top of buttered orzo pasta.

Recipe by Owner & Executive Chef Lisa Schroeder, [Mother's Bistro](#)

Species Group

Rockfish, Cod, Lingcod, Sheepshead

Sablefish/Black cod

Halibut