



Roasted Mediterranean Fish

-Chef David Pasternack, ESCA Restaurant, New York City

Ingredients:

1 3-4 pound Mediterranean fish (Loup de Mer), scaled, gills and innards removed
4 Sprigs Rosemary
3 Parsley stems
8 ounces Sicilian olives
5 ounces Caper berries
2 Lemons – sliced thin
¼ cup olive oil
¼ cup white wine
Sea Salt

Directions:

Preheat oven to 450 degrees.
Stuff fish cavity with rosemary, parsley stem, garlic and sea salt.
Place fish on roasting pan, add olives and caper berries.
Drizzle olive oil and white wine over the fish.
Roast in oven for 30 minutes.

Chef's Note:

Sicilian olives and caper berries can be purchased at your local Italian merchant.

Serves 4

For more information on Dave Pasternack and ESCA, please visit www.esca-nyc.com
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