LA CUCINA AT THE MARKET

Cultivate Your Passion for Cooking

Branzino al Forno

Ingredients

Filet of Branzino
Capers, miniature salted (well-rinsed)
Kosher salt
Peperoncini
Extra-virgin olive oil
Lemon wedge
Black pepper
Aluminum foil

Preheat oven to 425 degrees.
Tear a 12” length of foil. Brush foil with light coat of extra-virgin olive oil. Place filet skin-side down.

Sprinkle fish with ½ teaspoon capers, pinch of peperoncini, pinch of kosher salt, sprinkle of black peeper. Squeeze lemon wedge over filet and drizzle ½ tablespoon of extra virgin olive oil over the fish.

Form a tented packet by bringing the foil inward and folding it over so that it resembles the flap of an envelope. Bring the sides of the foil in by folding tightly toward the center of the packet.

Put packet on a baking sheet and place in a preheated oven for about 12 minutes.

Remove from oven, carefully open packet and using a spatula, place filet on a dish. Garnish plate with vegetables and serve immediately.

* This recipe describes preparation of one Branzino filet.