

Filetto di branzino alla mediterranea

Ingredients:

- * 300 g Branzino intero
- * 6 Pomodorini semi secchi
- * 6 Olive taggiasche
- * 3 Acciughe
- * 1 Spicchio d'aglio
- * 1 Cipolla
- * 1 Patate
- * 100 g Olio EVO

Instructions:

1. Preheat the oven to 200 degrees Celsius.
2. Prepare the fragrant oil that will season the filets of bass (For ingredients and recipe, search for "Fragrant oil").
3. Clean and scale the bass.
4. Slice it carefully, making sure not to ruin the filets and not throwing away too much meat.
5. Season with salt, pepper, and olive oil.
6. Place the filets seasoned well on a baking sheet, place over the bass filets the pitted olives, the cherry tomatoes, and the anchovies.
7. Peel and wash the potatoes, slice them very thinly, and cook them in a pan with some oil.
8. Cover the bass filets as if they were shells (the potatoes will protect the fish flesh, the olives, the anchovies, and the tomatoes).
9. Bake for 20 minutes.
10. Serve hot and enjoy!