

Baked or Roasted fish

$\frac{1}{4}$ c. extra-virgin olive oil

At least 3 lbs. fish (whole or chunk)

or $1\frac{1}{2}$ -2 lbs. boneless or
thick fillets

$\frac{1}{4}$ c. dry white wine or lemon juice

1 garlic clove, minced

Salt and pepper

1 tbl. fresh or dried herbs (parsley,
rosemary, dill, thyme ^{or} oregano)

$\frac{1}{2}$ tsp. hot red pepper flakes (optional)

lemon wedges and olive oil

425°F oven.

Spread oil on bottom of dish.

Put oil on the fish.

Place ~~oil~~ ~~the~~ fish in the dish.

Combine remaining oil with the
rest of the ingredients, pour over
fish.

Roast

~~Roast~~ 15-20 min., basting frequently.

Serve with lemon wedges and oil.

The Mediterranean Cookbook

by Nancy Harmon Kentland,
1994