



Sugar Apple

Posts From The Caribbean

Roasted Red Snapper

Not really a recipe but this is my technique. Enjoy

Lately I've taken a few deep breaths and decided to up my game, fish wise. I was in [Riteway](#) yesterday and they'd just gotten in some absolutely gorgeous local fish. I immediately zoomed in on a whole red snapper, just out of the water and incredibly clear-eyed. *And* ready cleaned and scaled. I had to go for it. So I brought him home and made a lovely bed for him. I lay down a drizzle of olive oil and and some fresh parsley, thyme and marjoram, all grown in our garden. A few slices of lemon and a few cloves of crushed garlic and the pan was ready for the fish.

I sprinkled the inside of the fish with salt and pepper and stuffed it with lemon slices, some more fresh herbs, a few more cloves of garlic and a few bay leaves. He then got a drizzle of olive oil, a sprinkle of sea salt and a few fresh lime slices (I'd run out of lemon). I poured a good measure of white wine all around and he was ready for the oven.

He was roasted at 400° for about an hour (he was about 3 1/2 pounds), until he emerged beautifully juicy and fragrant. And not overcooked at all. In fact, perfectly cooked. If I do say so myself.

My snapper was served with an orzo salad and bread that I'd baked earlier in the day in my new Cuisinart bread oven (more about that new toy in another post). For the orzo salad, I cooked a half a pound of orzo, drained it and added a few glugs of olive, a sprinkle of balsamic vinegar, some chopped fresh tomato, some black olives, finely sliced red onion, a bit of fresh mozzarella, a small garlic clove (finely minced) and a sprinkling of freshly torn basil. That's all, no recipe, use whatever looks good in your fridge or cupboard.

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from the article *Roasted Red Snapper* posted on April 15, 2009