

## FISH WITH TOMATOES, CAPERS AND GREENS

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*Photo: Love+Craft Kitchen*

Quick and easy, rich with flavor and oh, so satisfying! This recipe is one to keep in your back pocket for weeknight meals and weekend entertaining. The sauce can be prepared 1 - 2 days ahead and refrigerated until ready to use. And, adapt the sauce to be a little more Mediterranean-style or a little more Veracruz-style, as noted below.

The fish can be pan-fried with a slight dusting of seasoned flour as directed or left plain. Grilled or baked fish works well, too.

This dish is lovely served with a simple whole grain or soba noodles alongside a mixed greens salad, or grilled or roasted vegetables.

Makes: 4 servings

### INGREDIENTS

#### **Sauce**

- 1 tablespoons olive oil
- 1 small onion, diced (about 1 cup)
- 1 clove garlic, minced (about 1 teaspoon)
- 2/3 cup white wine or apple cider
- 1 can (14.5 oz) diced fire-roasted tomatoes, with juice (low sodium preferred)
- 1/2 cup sliced pitted black or green olives
- 2 tablespoons capers, drained
- 1 small bay leaf
- 1/4 teaspoon Kosher salt
- 1/8 teaspoon ground black or white pepper
- 2 cups lightly packed fresh baby spinach or super greens

#### **Fish**

- 1/2 cup all-purpose, gluten-free or almond flour
- 1 1/2 teaspoons Old Bay seasoning
- 1/4 teaspoon Kosher salt
- 1/8 teaspoon ground black or white pepper
- 1 tablespoon olive oil
- 4 (5 oz each) Snapper, Cod, Grouper or other firm white fish fillets, fresh or thawed if frozen

#### **For Mediterranean-style:**

- add 1/4 teaspoon dried crushed red pepper flakes and black or green olives

#### **For Veracruz-style:**

- use 1 tablespoon diced jalapeno peppers and green olives

## **DIRECTIONS**

### Prepare the Sauce:

1. Heat 1 tablespoon of the olive oil in a large nonstick skillet over medium heat. Add the onion (and jalapeno peppers if making Veracruz-style); saute until translucent, about 2 minutes. Add the garlic and saute an additional 30 seconds until fragrant.
2. Reduce the heat to medium-low. Carefully add the wine or cider, and simmer gently until reduced by about half. Scrape up any bits stuck to the bottom of the pan (i.e. deglaze).
3. Add the tomatoes, olives, caper, bay leaf, salt, pepper (and red pepper flakes if making Mediterranean-style). Stir to combine and bring to a gentle simmer. Cook uncovered for 3 minutes.
4. Add the spinach or super greens, stirring to combine and cooking until wilted, about 3 more minutes.
  - Sauce may be kept warm for immediate use or cooled and refrigerated for later use. Remove the bay leaf before serving.

### Prepare the Fish:

1. On a large plate, combine the flour, Old Bay seasoning, salt and pepper.
2. Lightly press each side of the fish fillets into the flour mixture, shaking any excess off. Fish should only have a very light coating of the seasoned flour.
3. In a large nonstick skillet, heat 1 tablespoon of oil over medium heat. Place one side of the fish fillets down on to the pan. Cook this side for 2 ½ to 3 minutes. Carefully turn the fish over to the other side - it should release easily - cooking for an additional 2 ½ - 3 minutes. Fish should be opaque in center and flaky. Cooking times will vary by type of fish and thickness of filets. Add more time for thicker fillets.
4. Transfer fillets to serving plates or platter.

### To Serve:

Heat sauce if necessary and remove bay leaf before serving. Spoon sauce over top of fish fillets and serve immediately.