

CAPRI-STYLE PAN-FRIED SEA BREAM

ORATA ALLA CAPRESE

Simple yet so full of flavour, this is a classic dish from Capri, a beautiful island off the Sorrentine peninsula. Gilthead sea bream is a firm white fish that is extremely popular along Italy's Mediterranean coast. The British equivalent, black bream, has a very short season and is usually available only in late spring, so in Britain you're more likely to find imported gilthead bream. Sea bass, which is similar, and salmon are also good for this recipe.

6 tablespoons extra virgin olive oil

200g fresh red cherry tomatoes, quartered

200g fresh yellow cherry tomatoes, quartered

150g pitted black olives (preferably Leccino),
drained and halved

About 20 fresh basil leaves, shredded

Juice and grated zest of 1 unwaxed lemon

4 sea bream fillets (about 170g each), skin on

4 tablespoons olive oil

Salt and freshly ground black pepper

Serves 4

1] Heat the extra virgin olive oil in a medium frying pan over a medium heat. Add the tomatoes and olives and fry for 1 minute, stirring occasionally. Stir in the basil and fry for 30 seconds. Add the lemon juice, season with salt and pepper and stir to combine. Set aside.

2] Place the fish fillets on a board and pat dry with kitchen paper. Using a sharp knife, score the fish skin by making 3 diagonal cuts to the point where you can see the flesh. Season with salt and pepper.

3] Heat the olive oil in a large frying pan over a high heat. When the oil is really hot, place the fillets skin-side down in the pan and fry for 3 minutes or until the skin is golden and crisp. (The flesh should be opaque two-thirds of the way up the fillet.) Turn the fillets and fry for 1 further minute.

4] To serve, spoon the tomato and olive mixture onto serving plates and gently place 1 fish fillet on top, with the skin-side uppermost. If you like, sprinkle over a little salt and pepper, add a pinch of lemon zest and serve immediately.

