

Crisp Bronzino with Zucchini & Fresh Tomato Jus

Ingredients

2 lbs large beefstock tomatoes,
chopped
1/4 cup sliced red onion
1 garlic clove
1 thyme sprig
1 mint sprig

1 parsley sprig
1/2 tsp coriander seeds
Salt & black pepper
1/2 cup extra virgin olive oil
2 medium zucchini, thinly sliced
8 each 3 oz bronzino fillets

Directions

Puree tomatoes in blender and strain into a medium saucepan, pressing lightly on the sides. Should yield about 2 cups of liquid. Add onion, garlic, thyme, mint, parsley and coriander and bring to a boil. Simmer over moderate heat until reduced to 1 cup, about 6 minutes. Strain jus into small saucepan, season with salt and pepper, and keep warm.

In large nonstick pan, heat 1/4 cup of oil. Season zucchini with salt and pepper and cook over high heat until lightly browned and tender, about 4 minutes. Transfer to plates. Wipe out pan.

Add 2 tbsp of oil to pan and another 2 tbsp to another pan. Season fish with salt and pepper and add to skillet, skin side down. Press with spatula to sear skin for a few seconds. Cook over high heat until skin is very crisp, 5 minutes. Flip and cook for 1 more minute until flakes easily. Place fillets over zucchini, skin side up and spoon tomato jus over. Serve immediately.

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