

WHOLE ROASTED ROCKFISH

Recipe by Kosta the Fishmonger © worldwide 2009



2-3 lbs. Whole Rockfish
 1 Tbsp. Olive oil
 ½ Cup Celery tops
 1 Tbsp. Chopped parsley
 A few lemon wedges
 Salt and black pepper
 The shell of one onion
 A few parsley stems
 A few carrot top and bottoms

Fish Marinade

1 Tbsp. Lemon juice
 3 Tbsp. Extra virgin olive oil
 ½ Tsp. Sea salt
 ½ Tsp. Oregano

Method for marinade:

In a sealed container or blender, mix all of the fish marinade ingredients until well emulsified.

Method for roasted fish:

- 1) Clean and scale Rockfish, then season with sea salt all over generously and add black pepper inside the belly cavity.
- 2) Then coat the fish inside out with oil. Fill the belly cavity with all the veggie trimmings and place fish in a baking dish.
- 3) Cover with foil and bake in a pre-heated oven of 375F for 20 – 30 minutes. Remove the foil for the last 10 minutes of cooking.
- 4) When the fish is done, let it sit for 10 minutes to cool.
- 5) Next remove meat from the skeleton and place on a serving plate.
- 6) Drizzle the fish marinade over rockfish, sprinkle parsley on top and serve with lemon wedges.