



Servings 2

Prep Time 5 min

Cooking Time 20 min

Pan Fried Whole Perch Stuffed with Tomato



Ingredients

2 whole perch, cleaned and scales removed

2 slices of lemon, halved

2 sprigs of fresh rosemary

4 sprigs of fresh thyme

Kosher salt, to taste

Freshly cracked pepper, to taste

1 container cherry, grape or mini heirloom tomatoes (sliced in half)

2 large fresh basil leaves, chiffonade

Extra virgin olive oil

Splash of balsamic vinegar

1 sprig of thyme, leaves removed and roughly chopped

Directions

Step 1

Rinse perch under cold water and pat completely dry with paper towels. Sprinkle salt and pepper on the skin and inside cavity. Stuff each fish with lemon slices, rosemary and thyme sprigs and secure with kitchen twine. Set aside.

Step 2

Coat a cast iron pan with oil and heat over medium-high. When the oil begins to shimmer and slightly smoke, pat the fish dry again and cook until browned and cooked through on both sides, about 5 minutes each side. Transfer to a dish or cookie sheet and keep warm.

While the fish cooks, don't disturb it too much—it is delicate. The skin will release from the pan more easily after it's browned. Use a fish spatula to scrape the fish from the pan, being careful not to break the skin and meat.

Step 3

In the same cast iron pan, add more oil. Sear tomatoes over medium or medium-high until they develop some color, and then take off heat immediately so they don't turn mushy. Deglaze the pan with balsamic vinegar, and season the tomatoes with freshly chopped thyme, basil, salt and pepper to taste.

Serve tomatoes immediately with the fish. Suggested sides include couscous, quinoa, roasted potatoes or cauliflower rice.

