



So this is a pretty easy recipe with some whiting fillets baked in a sort of [ratatouille](#) . Nice and summery with a gentle sunny flavour. My original plan was to make Jocasta Innes' Braised Herrings with Potatoes and Apple but they didn't have any herring fillets in the supermarket - I know, I know I should have gone to the fishmongers. There is a good fishmongers around here too so I really have no excuse. I decided to buy whiting fillets instead not realizing (until I got home and my brain started working again) that whiting is not in any way a good substitute for herring - mackerel or trout would have gone nicely with the apples.

Well I've learned my lesson; next time go to the fishmongers. As it happens I did end up with a dish I like and will definitely make again. One thing though whiting fillets really pong of that fishy smell. *Apparently if fish is truly fresh it doesn't smell so I guess the whiting was not straight off the boat but once it was cooked it was fine.*

The way I make Mediterranean Fish Bake is



Ingredients:

Serves 4

- 4 Whiting fillets, boned
- 1 courgette, thinly sliced

- 1 onion, chopped small
- 1 red pepper, seeded, diced small
- 1 carrot, thinly sliced
- 1 tin tomatoes
- 2 garlic cloves, sliced
- 1 tbsp white wine vinegar (*or lemon juice or white wine*)
- 1 bay leaf
- 1 tsp dried basil (*or 2 tbsp fresh*)
- 1/2 tsp dried oregano (*or 1 tsp fresh*)
- handful of olives
- good few slices of chorizo
- olive oil
- salt & pepper

Instructions:

1. Heat some olive oil in a saucepan. Add the onion, carrot and courgette. Cover the pan and let soften on a gentle heat for 10 minutes.
2. Add a good pinch of salt and pepper to the veg and stir in the herbs.
3. Add the bell pepper and garlic. Stir around and cover for another 5 minutes.
4. Add the tin tomatoes, vinegar and the bayleaf. Break up the tomatoes with a wooden spoon. Cover the pan and leave to simmer gently for 20 - 30 minutes. Veg should be softened and almost ready.
5. Heat the oven to 200 °C / 400 °F / Gas Mark 6.
6. Grease a deep and wide enough oven dish with a little olive oil. Lay the whiting fillets, skin-side down on bottom of the dish.
7. Scatter some slices of skinned chorizo over the whiting fillets.
8. When the veg is ready, ladle it over the fish, cover the dish (*with tin foil if it has no lid*) and bake in the oven for 12 - 15 minutes.
9. Take it out of the oven, scatter over the olives, gently mix them in and return to the oven for another 5 minutes.
10. Take out of the oven and remove the bayleaf.

Serve in bowls with crusty country bread and a crisp green salad.