



UNA's Crispy Skin Fish with Umami Sauce

Ingredients

- 4 6oz Skin on fillets of fish (black bass, striped bass, snapper, salmon)
- 16oz Red cherry tomatoes
- 4 Cloves garlic
- 2 Oil-packed anchovy fillets (I recommend the little jars from either Ortiz or Talatta)
- 1/2 Stick unsalted butter
- 1 Bunch chives
- Olive oil
- Salt Pepper
- Flaky salt for finishing (optional)

Recipe

Preheat your oven to 400f. While the oven is preheating, toss the cherry tomatoes and cloves of garlic with their skins on in a generous splash of olive oil (2-3 tbsp) season with a few large pinches of salt and freshly cracked pepper. Once the oven is hot, add your tomato garlic mixture to a roasting dish or sheet tray and roast for about 20 minutes or until the tomatoes have burst and are starting to break down. Carefully remove the garlic cloves from the tomato mixture and let them cool until you can handle them. Squeeze the roasted garlic cloves out of their skins directly into a blender, add the roasted tomatoes, two anchovy fillets and blend until you reach a smooth consistency. Cut 1/2 a stick of cold unsalted butter into cubes, add them to the blender and blend again until a smooth orange sauce comes together. Set your sauce aside and keep it warm while you prepare your fish.

The most important thing to do before you cook your fish is to dry it completely using a towel or paper towels. Once dry, season the fish generously all over with salt and drizzle about 1 tablespoon of olive oil into a large cold nonstick skillet. Lay the fish skin side down in the cold pan and place over medium heat. Let the fish slowly begin to cook for about 5 minutes and then, using a spatula, press gently but firmly on each fillet to ensure there is good even contact between the skin of the fish and the pan. Let the fish continue to cook over medium heat on the skin side for about 8-10 more minutes until the flesh of the fish is mostly opaque and you start to see some slight browning around the edges. Try not to move the fish at all during this time. Once your skin is crisped nicely and your fish is mostly cooked through, carefully flip it and cook on the flesh side for about 1 minute just to finish off the cooking. Transfer the fillets from the pan to a plate skin side up ensuring not to stack them. The goal is to keep that skin crispy!

Spoon a few tablespoons of sauce on to a plate, and rotate the plate to evenly coat the bottom. Place your fish in the center of the plate and scatter thinly sliced chives in a circle surrounding the fish. Enjoy!