

CS

UP

MATCH

FOOD & WINE PAIRING by Kevin Maniaci

Huron Whitefish with Bell Peppers & Tomatoes

Cave Spring Rosé

CS

INGREDIENTS

- (4) 8 oz. Huron White Fish fillets or Red Snapper
- 5 tbsp. olive oil
- (4) 1/2 inch French bread slices
- 1 cup thinly sliced onions
- 1/2 cup chopped fresh parsley
- 1 tbsp. chopped anchovies
- 1 1/2 tbsp. minced garlic
- 1/2 cup finely chopped and seeded red pepper
- 1 1/4 lb. plum tomatoes, seeded and finely chopped
- 1 bottle Cave Spring Rosé

METHOD

Preheat oven to 350 degrees Fahrenheit. Brush 2 tbsp. oil over both sides of bread slices. Place on baking sheet. Bake lightly toasted, about 12 minutes. Set aside.

Increase oven temperature to 400 degrees. Heat 3 tbsp. oil in large ovenproof skillet over medium-high heat. Add onions, 1/4 cup parsley, anchovies and red pepper. Sauté until onions begin to soften, about 5 minutes. Add the garlic. Stir in tomatoes and 5 ounces of wine. Bring to simmer.

Sprinkle fish with salt and pepper. Place fish in same skillet. Spoon vegetables atop fish and cover. Bake until fish is opaque in the centre, about 8 minutes. Transfer to plates.

Stir remaining parsley into sauce. Boil sauce until reduced slightly, about 2 minutes. Season to taste with salt and pepper. Spoon sauce over fish. Serve with croutons.

Pour the remaining Rosé into glasses and enjoy!

Kevin Maniaci | Chef | Inn On The Twenty

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SUMMER '07