

# Tapena

GRAB A FORK



## Oven Fried Fish with Romesco Sauce

Serves 6 – 8 small plates

Pair with: Tapeña Tempranillo

### Ingredients

- 1-1/2 lbs firm white fish (cod, tilapia), boned
- 3/5 cup milk
- 1 cup plus 2 tbsp seasoned breadcrumbs
- 3 tbsp raw almond butter
- 4 hazelnuts
- 1/2 head garlic
- 1 large red pepper
- 1/2 cup olive oil
- 1 roma tomato, chopped
- 1/4 cup sherry vinegar
- 1/8 tsp red pepper flakes

### Directions

Heat oven to 375 F. Remove the loose outer paper from the garlic and cut 1/4" off the tips of the cloves. Wrap the garlic in foil. Place red pepper and garlic on a baking sheet into the oven. Turn red pepper every 5 minutes. Roast pepper and garlic for about 20 minutes. Allow red pepper and garlic to cool. Remove skin and seeds from the pepper.

In a food processor, process the hazel nuts with 2 tablespoons of breadcrumbs. Add tomato, red pepper and almond butter and pulse until blended. Add red pepper and squeeze softened garlic into processor, pulse to blend. While the processor is running, slowly drizzle olive oil and vinegar into the sauce. Process until smooth and set Romesco sauce aside.

Heat oven to 500 F. Cut fish into small pieces (2" x 4"). Put milk in a shallow, microwave proof bowl. Put remaining one cup of breadcrumbs in a separate shallow bowl. Lightly spray a baking sheet with canola or olive oil.

Heat milk in the microwave for 45 seconds. Dunk each piece of fish into the hot milk. Immediately dredge each piece through the breadcrumbs and then place on the baking sheet. Cook fish for 7 – 12 minutes, depending on the thickness of the fish.

Cover the bottom of serving platter with the Romesco sauce. Top with the cooked pieces of fish and serve warm.