

Baked Bream - Sarago al Forno

It is a delicate but delicious main course, that will always come excellent. Providing that you use fresh fish, and very good ingredients such as Nonna Angelina's Extra Virgin Olive Oil (EVOO), Sea Salt and Sirocco Grillo white wine.

The taste of the Bream is very delicate, and in order to make it tasty without overpowering it, is necessary to use simple ingredients but with character that will enhance the Bream. The perfect wine to accompany the fish is a glass of Sirocco Grillo white wine.

Cooking tips: Instead of Bream it can be used Bass or any other fish of over a pound.

Cooking time: Preparation 10 minutes
Cooking 30/40 minutes

Difficulty: very easy **Serves:** 4

Ingredients:

6 tablespoons Nonna Angelina's
Extra Virgin Olive Oil (EVOO)
2 Bream of over a pound
2 carrots peeled and cut in small pieces
2 potatoes peeled and sliced in ½ inches
6 cherry tomatoes cut in 1/2
Celery cut in small pieces
2 tablespoons capers washed
1 glass Sirocco Grillo white wine
Nonna Angelina's Organic Sea Salt
Hot pepper
4 slices lemon



Directions:

Wet and squeeze a sheet of greaseproof paper and line a baking pan. Preheat oven at 400° F. Sprinkle the fish inside and out with very little organic sea salt, place two slices of lemon in each stomach of the Bream and place them in the baking pan.

Add potatoes, carrots, celery, cherry tomatoes and capers. Sprinkle with a little sea salt and hot pepper. Pour over the EVOO and the white wine and bake for 30 – 40 minutes depending on the size of the fish and until the potatoes are cooked.

To prevent the Bream to burn, pour over it a little of its juice with a spoon. To see if the Bream is cooked, open the stomach and check if the meat is white and firm. Place in an long dish and serve half fish each.

Buon appetito.

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