

Mother's Bistro Rockfish Puttanesca

SEAFOOD FEATURED: OREGON ROCKFISH/SABLEFISH

Chef Lisa Schroeder, Mother's Bistro

I love puttanesca sauces. They're bold, they're brash and they're utterly irresistible. Perhaps that's where the sauce got its name, which is derived from the Italian word for – ahem – ladies of pleasure. Actually, the name means “whore style” and it's named after these ladies because they'd often have to put together dinner from what was in their kitchen cabinets. The combination of black olives, garlic, capers and tomatoes was the result. This mix brightens up anything from fish to pasta. You can also add red pepper flakes and anchovies for an even more robust flavor. It helps, too, that the sauce is built on canned goods and pantry staples, which means you can toss a puttanesca sauce together anytime in minutes flat.

The quality of the sauce is best with fresh seasonal tomatoes and elegant olives such as niçoise, oil-cured Moroccan or kalamata, but it's almost as good with any kind of tomato and California black olives. You can use this sauce on sautéed mild fish like rockfish and cod or more assertive varieties on the grill, like swordfish or tuna. I'd leave it off salmon because the sauce would overwhelm the fish's prized flavor.

INGREDIENTS	INSTRUCTIONS
<p>Serves 4</p> <p>Rockfish Puttanesca</p> <ul style="list-style-type: none">• 4 (6-ounce) red rockfish or cod fillets (about 1 ½ pounds)• 1 ½ tsp salt• 1/4 tsp freshly ground black pepper• ¼ cup all-purpose flour• 3 Tbsp olive oil• 1 ½ cups diced fresh tomatoes (preferable; about 2 medium) or canned tomatoes• 2 Tbsp (5 cloves) finely chopped garlic• 1/3 cup pitted black olives, preferably niçoise• 2 Tbsp capers, drained and rinsed• ¼ cup dry white wine, such as chardonnay or pinot grigio• 1 Tbsp chopped fresh Italian (flat-leaf) parsley• 2 Tbsp butter, cut into pieces• Orzo and sautéed spinach for serving	<p>Making the dish</p> <ul style="list-style-type: none">– Add Rockfish or Sablefish to a bowl with the Diced Onion. Add Lime juice to cover. Refrigerate till Fish is “Cooked” (about 4 hours). Drain lime juice off in a colander or strainer– Preheat oven to 200 degrees. Place fish on a baking sheet and season the top of each fillet with ¼ teaspoon salt and a pinch pepper.– Place the flour in a shallow bowl or plate. Dip the fish in the flour on both sides and return to the baking sheet until ready to cook.– Meanwhile, place a large (12- to 14-inch) sauté pan over medium-high heat for several minutes. When hot, add olive oil and heat until shimmering. Add fish, presentation side down. Cook until golden on one side, about 3 minutes. (You may have to cook the fish in two batches, adding more oil if necessary.) Using a fish spatula (Love Note) flip fish over and continue to cook until golden, another 3 to 4 minutes. Place fish on a heat-proof

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	<p>– serving platter and place in oven while you finish the dish.</p> <ul style="list-style-type: none">– Place the pan over medium-high heat. Add the garlic and sauté until fragrant, stirring once or twice (about 1 minute). Add the tomatoes, season with ½ teaspoon salt and 1/8 teaspoon black pepper and cook for 2 minutes, stirring occasionally. Add the olives, capers, white wine and parsley. Increase heat to high and simmer sauce until slightly reduced.– Remove pan from heat and swirl in the butter. Remove fish from oven. Pour tomato mixture on top and serve on top of buttered orzo pasta.
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Love Note

Fish spatulas are long, thin and very flexible, so they're perfect for maneuvering delicate fillets of fish in a pan without damaging them. They are available in most gourmet cookware shops or restaurant supply stores.