

Baked Fish - Ψητό ψάρι (psito psari)



Baked fish (usually cod or sea bass) with tomatoes, onions, garlic, and herbs.

SERVES	PREP	COOK	TOTAL	CUISINE
Serves 4	20 minutes	35 minutes	55 minutes	Greek

Ingredients

- 1 whole sea bass or cod, about 1.2 kg (2 lb 10 oz), cleaned and scaled
- 1 tsp fine sea salt, plus extra to taste
- 1/2 tsp freshly ground black pepper
- 2 tbsp plain flour, for dusting
- 4 tbsp extra-virgin olive oil
- 1 large onion, finely sliced
- 3 garlic cloves, finely sliced
- 500 g (1 lb 2 oz) ripe tomatoes, grated or finely chopped
- 2 tbsp tomato purée
- 150 ml (5 fl oz) dry white wine
- 1 bay leaf



- 1 tsp dried oregano
- 2 tbsp flat-leaf parsley, finely chopped
- 1 lemon, cut into wedges

Method

1. Preheat the oven to 200°C fan (220°C, 425°F, gas mark 7). Lightly oil a baking dish large enough to hold the fish in a single layer.
2. Pat the fish very dry with kitchen paper. Season the cavity and skin lightly with the salt and pepper, then dust the skin all over with the flour and shake off any excess.
3. Heat 2 tablespoons of the olive oil in a large frying pan over medium heat for 2 minutes. Add the onion and cook for 6–8 minutes, stirring, until softened and translucent but not coloured.
4. Add the garlic and cook for 30 seconds more, just until fragrant. Stir in the tomatoes and tomato purée, then cook over medium heat for 5 minutes until the tomatoes begin to break down.
5. Pour in the wine and add the bay leaf and oregano. Simmer over medium heat for 4–5 minutes, stirring now and then, until the sauce has slightly reduced and no longer tastes sharp.
6. Spread the tomato mixture in the baking dish and lay the fish on top. Drizzle with the remaining 2 tablespoons olive oil.
7. Bake on the middle shelf for 25–30 minutes, until the fish flakes easily at the thickest part and the flesh is opaque; the sauce should be bubbling at the edges and lightly thickened.
8. Remove from the oven and rest for 5 minutes. Scatter with the parsley and adjust the seasoning if needed, then serve with lemon wedges.

To serve

Serve the fish whole, spooning the tomato sauce over the top, with crusty bread or boiled potatoes to catch the juices. A crisp white Greek wine or dry rosé suits it well, with a simple green salad alongside.

