

Corfu Fish Bianco Recipe



One of the best things about holidays, for me, is trying the local dishes. My head is then filled with new ideas and I am always excited to try and re-create the dishes when I get home. After my recent visit to Corfu I was inspired by the local dish of Fish Bianco. When described by the waiter as, “simple; fish, oil, garlic and lemon” I did not believe that these simple ingredients could create such a flavoursome dish. I am pleased to say I was wrong. The key to this dish is to use the best quality oil that you can afford. It is also versatile as it works with any white fish.

Ingredients

Serves 2

1 whole white fish (I used seabream)

Juice of 2 lemons

4-5 cloves of garlic, roughly chopped

300g Potatoes (peeled and sliced)

150ml olive oil or rapeseed oil

Black or White Pepper (or a combination of both)

Method

Heat the oil in a wide pot, over a low heat with the garlic for 5 minutes. Add the potatoes to the pot. Season well with a combination of salt and black and white pepper (don't be shy with the seasoning; when you think you have added too much pepper, add a little more). Add a little water to the pan to cover the potatoes and cook for a further 10 minutes.



Add the fish and cover. Cook for 20 minutes or until the fish is cooked through. Finally, at the end of cooking, add the lemon juice.

Serve on a platter to share. Enjoy with warm crusty bread to soak up all the sauce.



