



## DORADE IN A COCONUT TOMATO SAUCE

Makes 4 servings.

Dorade is a tender, delicate white fish, quite similar to red snapper or branzino. The sauce has a bit of a kick, and the cilantro gives it a beautiful appearance. The fish is prepared earlier in the day and the sauce can be made at the same time. Pair it with any rice.

### INGREDIENTS FOR FISH

- 4 skinless Dorade filets, about 6 ounces each
- Kosher salt
- Freshly ground black pepper
- ½ teaspoon curry powder
- 3 tablespoons lime juice

### INGREDIENTS FOR SAUCE

- 3 tablespoons extra-virgin olive oil
- 3 shallots, finely chopped
- 3 garlic cloves, finely chopped
- ¾ cup unsweetened coconut milk
- ½ cup chopped tomatoes (See Note)
- Kosher salt
- Freshly ground black pepper
- Cilantro leaves, for garnish

## PREPARATION

1. Pat the filets dry with a paper towel and lightly season both sides with salt and pepper. In a small bowl, combine the curry powder with the lime juice and spread it over the fish.
2. Place the fish in a zip-top plastic bag. Seal the bag and refrigerate for at least two hours.
3. Before cooking bring the fish back to room temperature.
4. Preheat the oven to 450 F.
5. Heat the olive oil in a small saucepan. Add the shallots and garlic, and sauté, covered, over low heat until soft, about 5 minutes. Add the coconut milk and chopped tomatoes. Bring to a boil, lower the heat and cook uncovered, for about 5 minutes to thicken the sauce. Season to taste with salt and pepper.
6. Spoon some of the sauce into a nonreactive baking pan large enough to hold the fish in one layer.
7. Place the fish on top and spoon the rest of the sauce over the fish. Bake for about 8 minutes, or until the fish has just turned opaque. If not completely cooked, cover it with foil for a minute and it will continue cooking.

## NOTE:

I use the Pomi brand chopped tomatoes from 100% fresh Italian tomatoes, which come in a carton. Leftover tomatoes can be refrigerated and even frozen.