

Branzino Mediterranean

Savannah · 30/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

4

Description

Branzino also known as Greek or European sea bass is a delicious white fish with a mild flavor I like to cook them whole stuffed with lemon wedges fresh oregano and rosemary before roasting them for a delicious meal full of Mediterranean flavors

Ingredients

- - 2 tablespoons olive oil
- divided - 1 red onion
- chopped - salt and ground black pepper to taste - 2 whole Branzino (sea bass) fish
- cleaned - 4 lemon wedges
- divided - 2 sprigs fresh rosemary - ½ cup white wine - ¼ cup lemon juice - 1 tablespoon fresh oregano leaves - ¼ cup chopped Italian flat-leaf parsley

Instructions

1. Preheat the oven to 325 degrees F (165 degrees C). Drizzle 1 tablespoon olive oil into a large baking pan; add red onion and season with salt and pepper. Dotdash Meredith Food Studios Place 2 whole fish into the baking pan. Stuff each cavity with 1 lemon wedge
2. 1 rosemary sprig
3. and some of the red onion in the pan. Pour white wine and lemon juice over fish and sprinkle with oregano. Drizzle remaining 1 tablespoon olive oil over fish. Dotdash Meredith Food Studios Bake in the preheated oven until fish is opaque and flakes easily with a fork
4. about 25 minutes. Dotdash Meredith Food Studios Gently slide a spatula between the bones to separate fish; remove all the bones. Serve fish on a platter; garnish with parsley and 2 lemon wedges. Dotdash Meredith Food Studios Cook's Note Sprinkle red pepper flakes on top of the fish before cooking to add a little zip to the flavor. Vegetables such as celery
5. pepper
6. or tomatoes can also be added to the pan and fish cavity. You can also try grilling it and flipping it over once.