



RECIPE OF THE WEEK: 01/07/2020

Psari Savoro (Piquant Fish)

This is a classic Cypriot fish pan-fried with rosemary and vinegar and served either as a starter or as part of meze.

Sometimes small fish is used like fresh anchovies and sprat although usually big fish like red mullet is preferred.

Serves 4

Ingredients

1.5 kg fish such as red mullet, trout or white fish, whole or fillet
Juice of 1 lemon
Sea salt and freshly ground black pepper
2 tbsp plain flour plus extra for coating
2 tbsp virgin oil, olive oil, plus extra for frying
3 gloves garlic, peeled and crushed
1 tbsp black peppercorns, roughly crushed
3-4 sprigs of fresh rosemary, needles only, roughly chopped or 1 tsp dried rosemary
2 bay leaves
1 tsp sugar
3 tbsp red wine vinegar
125ml water



To garnish: A few sprigs of fresh rosemary

Method

1. Clean and wash the fish and then pat dry with a paper towel. Sprinkle both sides with juice of $\frac{1}{2}$ lemon, salt and pepper and place in a refrigerator for 30 minutes.
2. Put the extra flour for coating onto a plate and season with salt and pepper. Coat the first fish fillet and shake off the excess flour.
3. Heat the olive oil in a large heavy-based frying pan and fry the fish until golden brown. Place on a plate and keep warm.
4. In a separate frying pan heat 2 tablespoons of olive oil and add 2 tablespoons flour to make a roux stirring well until golden brown. Add the garlic, crushed peppercorns, rosemary, bay leaves and sugar, stir well and cook on a medium heat for a remaining minute or two.
5. Add the red wine vinegar, water and juice of the remaining $\frac{1}{2}$ lemon and cook stirring until the mixture boils and thickens slightly.
6. Place the fish in the sauce and cook for 1-2 minutes or more.
7. Garnish with sprigs of fresh rosemary and serve hot or cold if you prefer. Accompany this with boiled potatoes and seasonal green vegetables. It may keep in the refrigerator for a few days.