



FORGED OF THE EARTH,
TEMPERED BY THE SEA

Mediterranean Whole Roasted Fish

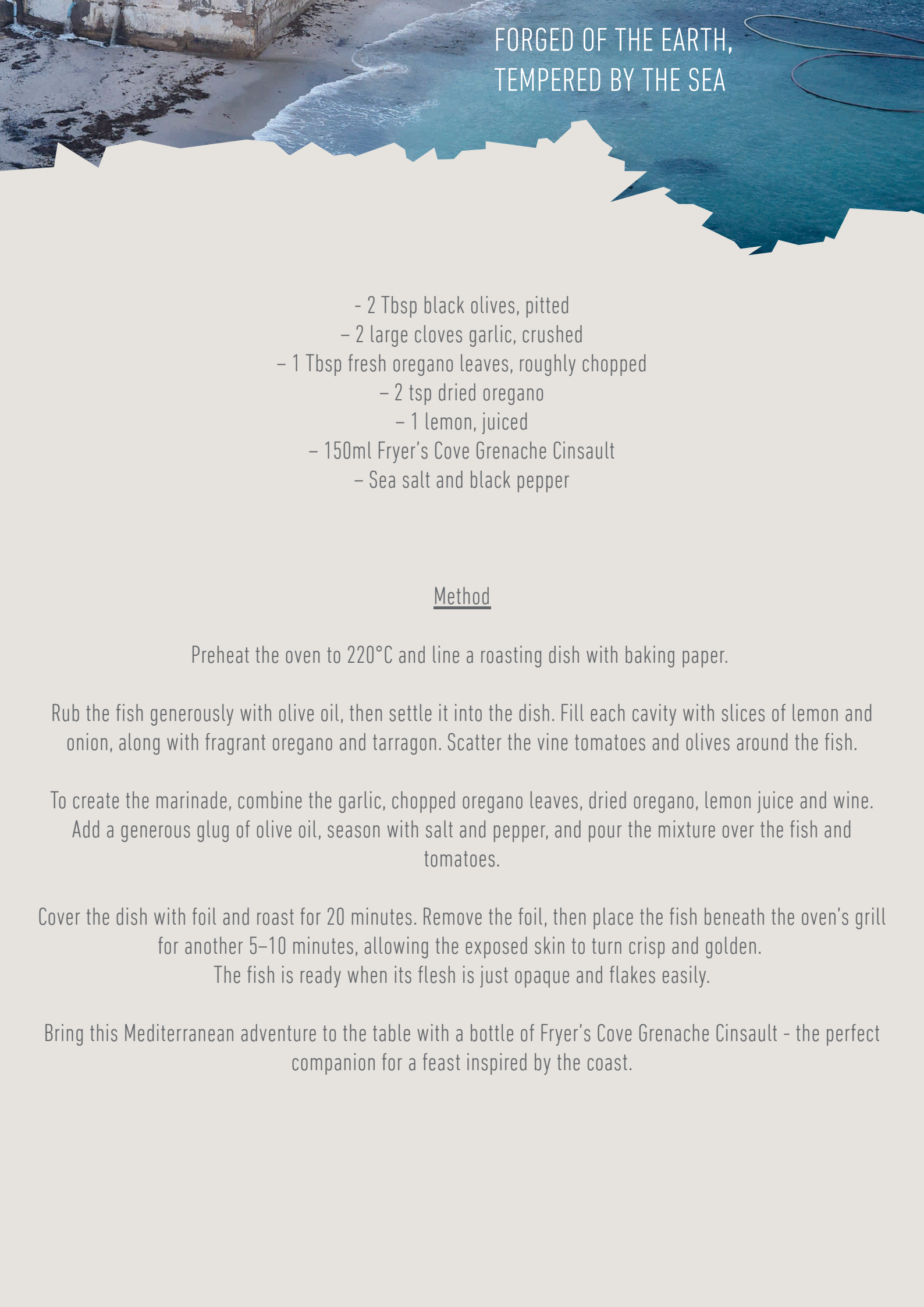
Set out on a Mediterranean-inspired culinary adventure with this elegant, effortless whole-fish recipe. Fresh Red Roman is roasted with sun-ripened tomatoes and fragrant tarragon and oregano, creating vibrant flavours that evoke the shores of the Mediterranean.

Can't find Red Roman? Explore the day's catch and substitute another medium-sized line fish, such as Carpenter, Cape Bream, Steenbras, Yellowtail, Cape Salmon or Kob.

Prep time: 20 minutes | Cook time: 25–30 minutes | Serves: 4

Ingredients:

- 1 to 2 whole line fish (approx. 2.5kgs), scaled and gutted
 - Olive oil
 - 1 lemon, thinly sliced
- 1 small red onion, peeled and thickly sliced
 - 1 handful fresh oregano
 - 3 sprigs of tarragon (optional)
- 1 cup vine tomatoes or cherry tomatoes



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- 2 Tbsp black olives, pitted
- 2 large cloves garlic, crushed
- 1 Tbsp fresh oregano leaves, roughly chopped
 - 2 tsp dried oregano
 - 1 lemon, juiced
- 150ml Fryer's Cove Grenache Cinsault
- Sea salt and black pepper

Method

Preheat the oven to 220°C and line a roasting dish with baking paper.

Rub the fish generously with olive oil, then settle it into the dish. Fill each cavity with slices of lemon and onion, along with fragrant oregano and tarragon. Scatter the vine tomatoes and olives around the fish.

To create the marinade, combine the garlic, chopped oregano leaves, dried oregano, lemon juice and wine. Add a generous glug of olive oil, season with salt and pepper, and pour the mixture over the fish and tomatoes.

Cover the dish with foil and roast for 20 minutes. Remove the foil, then place the fish beneath the oven's grill for another 5–10 minutes, allowing the exposed skin to turn crisp and golden.

The fish is ready when its flesh is just opaque and flakes easily.

Bring this Mediterranean adventure to the table with a bottle of Fryer's Cove Grenache Cinsault - the perfect companion for a feast inspired by the coast.