

# HOOKED ON FISH

Fresh. Simple. Sustainable.

## **Whitefish Provençal** **Bacon Fatte**

### *FOR THE "SALAD"*

2 Tbsp Shallot, finely chopped  
1 - 1 ½ cups Cherry Tomatoes (about 24) , quartered  
1/4 cup Kalamata olives (about 12) , pitted and quartered  
2 Tbsp Capers – with brine  
2 Tbsp dry White Wine or White Wine Vinegar  
1 clove Garlic, finely chopped  
1 tsp fresh Thyme, finely chopped (or ½ teaspoon dried thyme)  
1 - 2 tsp fresh Basil, finely chopped, plus more for garnish  
1 Tbsp Extra Virgin Olive Oil – or more to taste  
Black Pepper – to taste  
Salt\* – to taste, if needed

### *FOR THE FISH*

2 Tbsp Olive Oil or Butter  
¼ cup Shallots, finely chopped  
1 cup dry White Wine (vegetable stock may be used instead)  
1 - 1 ½ pounds Lake Superior Whitefish fillet(s), bones removed  
Salt and Pepper - to taste

For the “Salad”: Combine above ingredients in a glass bowl and allow to rest at room temperature while you prepare the fish. This may be prepared several hours or up to a day ahead. Cover and keep refrigerated if not serving within two hours.

For the Fish: Add oil or butter and shallots to a warm pan, and sauté for a minute or two over medium-high heat – just until shallots start to become translucent. Add the white wine or stock – enough so that the entire bottom of the pan is covered with about ¼” of liquid. Simmer for another minute or two to allow to reduce slightly.

continued

Check our website for more recipes:  
<https://www.hookedonfishchicago.com/recipes>

Add Whitefish fillet(s) to pan, skin-side down (the skin is easily removed when fish is cooked). Baste fillet(s) with wine/stock mixture and reduce heat to medium-low. Cover pan and continue cooking for 8 – 10 minutes. Baste fish occasionally during cooking, making sure the liquids are slowly simmering (not boiling).

Fish is fully cooked when it's the same color all the way through, and internal temperature reaches 140°.