



Whole baked Red Throat Emperor

Ingredients

Whole Red Throat Emperor
1 Truss tomato sliced into wedges
1 Brown onion sliced into wedges
1 Lemon wedge
Salt & pepper
Dill to garnish

Fresh Salad for serving

Oak leaf or baby cos lettuce
6-8 halved cherry tomatoes
Continental cucumber sliced, skin on
3 lemon wedges to garnish
Chopped chives to garnish

Method

1. Preheat oven to 200 degrees. Prepare fish by gutting, scaling and rinse and pat dry with paper towel. Score the skin to allow the flavours to permeate.
2. Fill the cavity of the fish with the tomato and onion wedges.
3. Squeeze the lemon wedge over the fish and place inside the cavity.
4. Place the dill on top, season well with salt and pepper and wrap in alfoil (don't forget to give the alfoil a quick spray with cooking oil to prevent sticking).
5. Bake in the oven for approx. 25 mins at 200 degrees for a fish approx. 1.5kg (cooking time will vary according to size of the fish).
6. Remove from oven and check it is thoroughly cooked. Place on serving dish on a bed of fresh salad, garnish with chives and lemon wedges and Enjoy!

The Reverend Recommends serving with:

A crisp lager like James Boag Premium Lager~ it's a crisp fresh lager that's not overly malted so won't overpower the flavour of the fish and will marry up nicely with the lemon.



or

Evans & Tate Margaret River Semillon Sauvignon Blanc ~ there's a little bit of sweetness and citrus from the Semillon to compliment the lemon and tropical stone fruit flavours on the back end that perfectly complements fish.