

Delicate Fish Marinade

- 1 1/2 lb **firm white-fleshed fish** (halibut, scrod, turbot)
- 2 T olive oil
- 1 T chopped parsley
- 2 t lemon zest
- kosher salt and freshly ground pepper

Mix ingredients, then rub onto the fish.

Sun-Dried Tomato Sauce

- 2 T olive oil
- 1/2 – 1 lemon, freshly squeezed
- 2 T sun-dried tomatoes, chopped (or use oven-dried fresh cherry tomatoes, slow-roasted in a small heavy dutch oven, that you then deglaze with white wine)
- 1 T parsley, chopped
- 1/2 t sugar
- 2 T capers, plus a bit of juice
- pinch hot pepper flakes
- pinch kosher salt

Mix sauce ingredients, then set aside in a small bowl. Broil fish for 8 – 10 minutes turning half way through, or roast in a 420 degree oven for 10-12 minutes. Remove, serve warm with sauce.