

Cooking School

with the London Chef

Mussels in Tomato Sauce Spanish-Style Rockfish with Peppers, Onion & Potatoes and Warm Bread

A note: This recipe is flexible, and you can adjust it to your taste. Add more or less of what you like, and feel free to make substitutions - enjoy cooking.

These measurements will feed 2 people, often with leftovers, and can be doubled. You may need larger cooking equipment or to cook in batches when cooking for more people.

Mussels

1 lb fresh mussels
1 can crushed tomatoes
¼ cup white wine
4 cloves garlic
2 dried bay leaf
Dried chili

Fish

1-2 fillets per person,
depending on size, any white fish: halibut,
melo or rockfish - or a whole fish
4 Garlic cloves, peeled
3 fresh bay leaves or rosemary
2 pinch of saffron
½ glass white wine
2 Green peppers
White onion
6 Medium Yukon Gold potatoes

Baguette

Cooking Equipment

Pre-heat oven to 400 F
Deep roasting tray or oven proof frying
pan
Large pot with lid
Knife
Cutting board
Olive oil
Canola oil
Salt

**DF, GF friendly, sub gf bread*

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Method

1. Preheat the oven to 400F. In a deep roasting tray or oven proof frying pan, add the following ingredients: thinly sliced potatoes (raw), sliced green peppers in rings, crushed garlic cloves, skin on or off, white wine, saffron, bay or rosemary, sliced onions, a big glug of olive oil and a big whack of salt. Mix them well with your hands then add the filets of white fish you got. If you are using the whole fish, slice the potatoes a bit thicker. Mix the fish fillets well into the mixture, without breaking the fish. Chuck the tray into the hot oven and leave it for at least 20 minute; once 20 minutes are up, check on the fish and the potato - we want the potatoes to be cooked fully and perfectly. When the potatoes are ready, using oven mitts, remove the tray from the oven then tilt the tray so the juice gets over the fish before serving!
2. To your pot (with a lid), add crushed tomato, white wine and heat up on medium-high. Add olive oil, and peeled & chopped garlic, then cook until bubbling. Make sure your mussels are well cleaned, rinsed and debearded. Once the sauce is bubbling, add the mussels into the pot along with some crushed chili flakes or hot paprika then put a lid on. Check on the mussels time to time to make sure they are opening up. It's harder to overcook mussels than many think so make sure they bubble on the heat long enough for every mussel to fully open up! (Do not consume un-opened mussels after cooking long enough as they may be off/dead)
3. In a hot oven (can be off after the fish is out), put a baguette in for a few minutes to warm it up.
4. With a couple of lemon wedges, serve the fish, mussels and the warm baguette. Dipping the bread into the sauces (both!) will just take you right to the Mediterranean seas!