



EASTERN FISHERIES DOGFISH BAKED WITH ONIONS AND TOMATOES

{ Serves 6 }



INGREDIENTS

- 3 pounds Eastern Fisheries dogfish fillets, cut into pieces
- salt and pepper to taste
- 1 lemon
- 3-4 tablespoons olive oil
- 1½ pounds onions
- ½ cup chopped parsley
- 1 head garlic, peeled and thinly sliced
- ½ cup white wine
- 1½ pounds ripe tomatoes
- 1/3 cup plain breadcrumbs
- 1 tablespoon tomato paste
- 2 cups water

DIRECTIONS

1. Wash and pat dry the fish. Season with salt and pepper. Squeeze the juice of the lemon over it and let stand for 1 hour. Clean the onions and slice them thinly.
2. Heat the olive oil in a pan and sauté the onions until golden brown. Add the garlic and cook for a few minutes. Add salt and pepper to taste.
3. In a glass baking dish, spread half the onion mixture on the bottom. Place the fish pieces evenly on top and then spoon in the remaining onion mix.
4. Sprinkle dish with Italian parsley. Slice tomatoes and place evenly on top. Sprinkle with breadcrumbs.
5. Dilute tomato paste with water and pour over dish. Bake at 395° F for 30 minutes. Serve on warm plates with juice from the fish. Garnish with parsley.