

Baked Fish With Olives and Ginger

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Total Time 30 minutes

Prep Time 10 minutes

Cook Time 20 minutes

Rating ★★★★★ (116)



Matt Taylor-Gross for The New York Times. Food Stylist: Barrett Washburne.

Set in a shallow pool of briny, gingery oil, mild fish fillets cook effortlessly on a sheet pan, layered with bold lemon, olives and capers, similar to a deconstructed tapenade. The mixture is brightened even further with the addition of grated ginger, which provides a zingy contrast to the salty, meaty olives. (But this recipe is flexible: Sliced garlic or anchovies would also work nicely, taking a more savory turn.) Nestling the delicate fish in oil helps it stay moist in the oven, and creates a no-effort pan sauce that is best served with bread, to soak up every delicious drop.

INGREDIENTS

Yield: 4 servings

- ½ cup olive oil
- 1 cup pitted green olives (preferably Castelvetrano), roughly chopped
- 1 tablespoon drained capers
- 1 lemon, halved, ½ thinly sliced
- 4 (6-ounce) skinless mild white fish fillets (such as cod, hake or halibut), each about 1-inch thick
- Salt and black pepper
- 1 (½-inch) piece fresh (unpeeled) ginger, finely grated
- ¼ teaspoon crushed red pepper
- 2 packed tablespoons torn or chopped fresh parsley or cilantro leaves and tender stems

PREPARATION

Step 1

Heat the oven to 400 degrees. On a rimmed sheet pan or baking dish, combine the olive oil, olives, capers and lemon slices. Turn the fish fillets in the oil to coat, then arrange them skinned-side down. Season the exposed parts with salt, then the grated ginger, rubbing it in. Top each fillet with a grind or two of black pepper and the crushed red pepper.

Step 2

Cover with foil and bake until the center of each fish fillet is opaque and the fish flakes easily with a fork, about 20 minutes. (Thinner fillets will cook more quickly.)

Step 3

Carefully remove the foil, then squeeze the remaining lemon half over everything. Spoon the olive and olive oil mixture over the fish. Garnish with the parsley and serve.