

St. Peter's Fish with Mango Purée

Dag Amnon Hagalil im Machit Mango

Originally from Lake Kinneret, the Sea of Galilee, St. Peter's Fish is Israel's most popular. It is now widely "farmed" and available in fish markets in the United States.

1. In a flat dish large enough for both filets, mix lemon juice, Worcestershire sauce, salt, and pepper. Add fish and coat well. Allow fish to marinate at least 30 minutes. Pour off marinade into a bowl and reserve.
2. Hold filets over the dish to drain. Place flour in a shallow dish. Dip filets in flour to coat lightly.
3. In a blender, purée half the mango. Thinly slice remainder.
4. Heat oil in a large skillet over moderately high heat. Cook fish for 1 minute on each side to color slightly. Remove fish, discard oil.
5. Add butter, wine, and reserved marinade to skillet. Add mango slices.
6. Return fish to skillet and cook until flesh flakes easily, about 5 to 7 minutes. Total cooking time of fish should not exceed 10 minutes per inch of thickness.
7. Place fish on hot platter, stir puréed mango into pan juices to warm, and pour over fish.

servings: 4

Juice of 1 lemon

2 tablespoons Worcestershire sauce

Salt and freshly ground pepper to taste

2 fresh filets St. Peter's fish (also called John Dory), about 1¼ pounds each

¼ cup all-purpose flour

1 ripe mango, peeled, with fruit cut away from pit

2 teaspoons vegetable oil for frying

¼ cup butter

½ cup dry white wine