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# Ostrich in Commandaria and Apricot

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## Ingredients

- 4 200g fillets of firm white fish (Zargana, Plaice or fillet of Dover Sole)

### SAUCE:

Must be made first and cooled.

- 4 cloves of garlic (cracked in pestle and mortar)
- 4 bay leaves
- 1 teaspoon dried chilli flakes
- 8 pickled chillies
- 1 tsp dried chilli flake
- 8 pickled chillies
- 1 teaspoon oregano
- ½ cup olive oil
- 1 tsp sugar
- 1 tsp cracked black pepper
- Salt

## Execution

Place garlic, bay leaves, dried chilli, salt and pepper in a pot with olive oil. Simmer until garlic is golden and aromas are released.

Add vinegar and sugar and boil for 10 minutes then remove from heat.

Add pickled chillies and leave to cool.

Place fillet of fish in an ovenproof dish.

Pour sauce over and cover.

Bake in a preheated oven at 220 °C for 15 minutes.

\*These are unusual flavours for fish which work very well indeed.

\*The sauce lasts for weeks refrigerated.

\*Either fresh or frozen fish can be used.

\*As we are all very busy, this dish can be on the table from the freezer in 30 minutes.

\*If the sauce is ready, defrost fish in a basin of cold water for 10 minutes, combine & bake.

\*I'm no puritan when it comes to the fresh fish issue as we do not all have the luxury of availability or budget.

\*Source a few good quality products and use them.

\*Keep it simple!