



sharing our Greek culinary heritage

Maria's Savoro

For the fish

1kg whole silver whiting with heads intact, gutted and scaled
1 cup plain flour
2 teaspoons salt
Extra virgin olive oil

For the sauce

4 cloves garlic, thinly sliced
6 sprigs flat-leaved rosemary, leaves removed from stalks
2 cups dried blackcurrants
350ml malt vinegar

Cooking the fish

Thoroughly combine the flour and salt in a broad flat bowl. Set aside.

It is important that the fish do not sit with the flour coating for too long, as the moisture in the fish and the flour will combine to create a gummy batter. You should therefore only start coating the fish once the oil is hot.

Generously coat the base of a large pan with olive oil to a depth of 3-4mm. Heat the pan on a high flame until the oil is hot. You can check if the oil is hot enough by sprinkling a pinch of flour in it - if you see it bubbling, it's ready.

Lightly coat one fish at a time in the flour mixture and place in the heated oil, ensuring there is sufficient space around the fish to enable them to be easily turned over once they have cooked. Depending on the size of your pan, this may mean you need to fry the fish in batches.

Fry the fish until the bottom of the fish is golden brown and crispy. Gently turn the fish over and fry until the other side has also browned.

When the fish have cooked on both sides, place them on paper towels to absorb the excess oil.

Preparing the sauce

Once all the fish have been fried, remove all but a few tablespoons of oil from the pan. Reduce the heat to medium.

Add the slices of garlic and the rosemary leaves to the pan. Fry these a little.

Add the blackcurrants to the pan.

Slowly add the malt vinegar. Stir and reduce the sauce until the blackcurrants have absorbed most of the vinegar and the liquid has thickened. The sauce can have more or less liquid based on your personal preference.

Serving the savoro

Spoon the sauce on top of the fish.

Serve and enjoy!

Recipe serves 3 - 4.