

Fish Thermidor

Classic Fish Thermidor with tender fish in rich tomato sauce. An elegant European seafood dish perfect for special occasions. Ready in 40 minutes.

15	25	40	6	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Fish Thermidor

Ingredients

- 1.7 lb fish
- 0.25 fresh lemon juice
- 8 scallion
- 1 tomato
- 1.1 lb potato
- 1 water
- 9 pcs parsley
- 1 tbsp ketchup
- 3 pcs garlic
- 1 tbsp ginger powder
- 1 tbsp salt

Instructions

- Prepare the fish**

Pat the 1.7 lb fish fillets completely dry with paper towels. Cut into serving-sized portions if needed and set aside.
- Cook the aromatics**

Heat 1 tablespoon oil in a large, heavy-bottomed saucepan over medium heat until shimmering. Add the diced onion and cook for 3-4 minutes, stirring occasionally, until softened and translucent.
- Add the 3 minced garlic cloves and cook for 30 seconds until fragrant, stirring constantly to prevent burning.**
- Build the sauce base**

Add the 1.1 lb diced potatoes and 9 pieces diced tomatoes to the pan. Stir in 1 tablespoon tomato paste and cook for 2-3 minutes until the tomato paste darkens slightly.
- Pour in enough water to barely cover the potatoes, about 2-3 cups. Add 1 tablespoon fresh herbs and season with salt and pepper to taste.**
- Bring the mixture to a boil over high heat, then reduce heat to medium-low. Cover and simmer for 12-15 minutes until the potatoes are fork-tender but still hold their shape.**

7 Cook the fish

Gently nestle the fish fillets into the simmering sauce, ensuring they are mostly submerged. Cover and cook for 8-10 minutes until the fish flakes easily with a fork and is opaque throughout.

- 8 Remove from heat and let rest for 2-3 minutes to allow the sauce to thicken slightly. Taste and adjust seasoning with salt, pepper, and a squeeze of lemon juice if desired before serving.

Tips

Pat fish fillets completely dry with paper towels before marinating - excess moisture will dilute the lemon juice and create a watery sauce.

Cut potatoes into uniform 1-inch pieces so they cook evenly and don't fall apart during the braising process.

Don't skip the covered cooking phase - this steams the potatoes and allows the flavors to meld while keeping the fish moist.

Test fish doneness by gently pressing with a fork - it should flake easily but still hold together, indicating an internal temperature of 145°F (63°C).

If the sauce looks too thin after adding fish, remove the lid and increase heat to medium-high to quickly reduce excess liquid.

Fresh herbs should be added in the final minutes of cooking to preserve their bright flavor and vibrant color.

Let the dish rest for 3-4 minutes before serving to allow the sauce to settle and thicken slightly.

Save any leftover sauce - it makes an excellent base for pasta or can be used to poach eggs for breakfast.