

“Saltimbocca” fish-based with smoked tuna

Difficulty: easy

Time: 15'



This recipe is a “saltimbocca”, but not the classic version with meat and ham. This is a variation. Being near the sea, this is a fish-based saltimbocca, in this case using sea bass and smoked tuna, and other simple ingredients: olive oil, garlic, sage, rosemary, baby tomatoes and oven baked sweet peppers with tomatoes and breadcrumbs.

This is a very quick dish to prepare; the fish is cleaned and filleted and washed well; it is cooked in a pan with the olive oil, garlic, sage and rosemary. The fish is cooked for 3 minutes on each side with a splash of white wine. Thin slices of smoked tuna are placed on top of the sea bass. The fish is then plated and the sauce drizzled over the top of the fish. Being on Elba, I would recommend a local white wine, Ansonica.