

BAKED JOHN DORY WITH ROSEMARY & CHERRY TOMATOES

SERVES 2

It might not be much of a looker, but what the John Dory lacks in beauty in makes up for in taste. And, as they're fairly plentiful off the Dorset coast throughout the summer, we've developed several ways of serving them up at The Hive. This delicious baked version is one of our favourites – combining, as it does, the buttery taste of its delicate flesh with the sharpness of the hot cherry tomatoes. We'd even go as far as to say it's perfect with a cold bottle of crisp white wine.

INGREDIENTS

Whole 500–600g John Dory, gutted and scaled
2 sprigs rosemary

1 punnet cherry tomatoes
Olive oil
Cornish sea salt

- Preheat your oven to 180°C/350°F. Place the whole John Dory onto a roasting tray, then drizzle with olive oil, sprinkle generously with sea salt, and add the rosemary and as many cherry tomatoes as you'd like on top.
- Bake for 10–15 minutes, until the flesh has changed colour and cooked through. Check the meat next to the bones with a small knife.
- Serve immediately, while the tomatoes are still piping-hot inside.

