

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 min

PREP

25 min

COOK

40 min

TOTAL

6

SERVINGS

Medium

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.