Roasted Mackerel
with onions, cherry tomatoes and oregano

Preheat the oven to 450 degrees. Drizzle both sides of the fish with olive oil and season the inside and outside with salt. Using a large skillet, heat the oil and add the onions.

Cook until the onions change color to yellow and add garlic and oregano. Place the onions on a baking sheet. Add tomatoes, bay leaves and the fish.

Bake for 40-45 minutes or until the mackerel cooks well and is crispy on top. The onions should turn slightly brown.

Discard the bay leaves. Serve hot with a drizzle of olive oil and a lemon wedge.

Serves: 4 people

*Courtesy of Executive Chef Vini Kurti
Adriatic Restaurant, Salem, Massachusetts*

**Ingredients:**
- 4 fresh mackerel around a pound each, scaled, gutted, gills removed
- 5 white Spanish onions thinly sliced
- ½ lb grape tomatoes cut in half
- 2 cloves garlic minced
- ½ tbsp dried oregano
- Olive oil
- 2 bay leaves
- Salt and pepper to taste