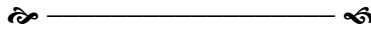


# LA VIGNE ENTERPRISES, INC.

*Distinctive Natural Gourmet Foods*



## **Tomatoes with Moroccan-Style Fish Stuffing**

Four 1/2-pound tomatoes  
4 TBSP olive oil, or to taste  
1-pound scrod fillet or other firm-fleshed white fish fillet  
2 TBSP dry white wine  
2 TBSP La Vigne Moroccan Preserved Lemons, finely chopped  
1 TBSP brine from preserved lemons  
2 TBSP minced fresh coriander  
2 tsp fresh lemon juice, or to taste

Cut off the top third of each tomato, scoop out the seeds and pulp with a grapefruit knife, leaving 1/3-inch thick shells, and reserve the tops and pulp for another use. Sprinkle the insides of the tomatoes with salt and invert the tomatoes on a rack to drain for 30 minutes.

In a non-stick skillet, heat 1 TBSP of the oil over moderately high heat until it is hot but not smoking and in it sauté the scrod for 1 minute on each side. Add the wine to the skillet and cook the fish, covered, over moderately low heat for 3 to 6 minutes, or until it just flakes. Remove the skillet from the heat and let the fish cool. Flake the fish into a bowl and stir in the finely chopped La Vigne Moroccan Preserved Lemons, brine, coriander, lemon juice, and 2 TBSP of the remaining oil. Divide the mixture among the tomato shells and drizzle it with the remaining 1 TBSP oil.

P O Box 2890 • Fallbrook, CA 92088  
(760)723-9997 • Fax (760)728-2710

[www.lavignefruits.com](http://www.lavignefruits.com) e-mail: [helenelv@adelphia.net](mailto:helenelv@adelphia.net)