

DISH OF THE MONTH

COOL CAFÉ

Alex Fisher eats at Cin Cin in Brighton, East Sussex



Greek-style Baked Fish with Tomatoes

INGREDIENTS (SERVES 2)

- 600g ripe tomatoes
- 4½ tbsp olive oil
- 2 garlic cloves, finely chopped
- 100ml dry white wine
- 4 tbsp chopped flat-leaf parsley,
- plus extra to garnish
- 4 white fish steaks (125-150g each)
- sea salt and freshly ground black pepper
- a baking dish, greased

METHOD (SERVES 4)

1. Preheat the oven to 200°C (400°F) Gas 6.
2. Pour boiling water over the ripe tomatoes in a heatproof bowl. Set aside for 1 minute, then drain, and peel off the skin using a sharp knife. Halve the tomatoes across, scoop out the soft pulp and finely dice the tomato shells.
3. Heat ½ tablespoon of the oil in a small frying pan. Add the garlic and fry gently for 1-2 minutes, until softened. In a bowl, mix together the diced tomato, fried garlic, remaining oil, white wine and parsley.
4. Season the fish steaks with salt and pepper and place in the prepared baking dish. Spoon the tomato mixture over the fish steaks, then bake in the preheated oven for 20-25 minutes, until the fish is cooked through.
5. Sprinkle with a little extra chopped parsley and serve at once.

WHET MY APPETITE Tucked away behind The Lanes, this small but perfectly formed Italian bar and kitchen offers a truly authentic and intimate dining experience. With counter seating for just 18 people, it's essential to book to avoid disappointment. Eat tapas style and watch as delectable small plates ranging from anchovy, late summer tomatoes with aged balsamic to Venison tartare, Jerusalem artichoke, salsa verde and walnuts are prepared right in front of you.

WHAT'S ON THE MENU? I still wake up dreaming about the soft, creamy burrata with fine slices of tangy Mirabelle plums and aged balsamic. The fresh, Mozzarella outer shell of this cheese holds a buttery interior that melts in the mouth. The fruit adds just enough sharpness to balance this simple dish. Absolutely divine. If you eat nothing else here, order this. The short menu

changes regularly, but as well as perfect olives and freshly baked focaccia expect to find pasta dishes such as parsley reginelle, baked aubergine and pecorino. Make sure you leave space for dessert, as who could resist white chocolate pannacotta served with melon sorbet?

HOW'S THE MOOD? Relaxed, busy and buzzing. Bar stools surround a central kitchen and open bar, where friends sit next to each other. There are no separate tables to sit around.

CAN I SEE THE SEA? Not from the restaurant, but the beach is only five minutes away.

WHAT'S THE DAMAGE? Starters and small plates are priced from £6, pasta dishes from £9, and desserts from £6.

OPENING TIMES Tuesday to Friday from 12 noon to 11pm, Saturday 10am to 11pm. Closed Sunday and Monday. To book, call 01273 698813 or visit cincin.co.uk

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