



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mutevazi Lezzetler® Turkish cooking recipes

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## Anchovy Bird

Hamsi Kuşu



2.2 pounds anchovy big size  
2 tomatoes  
2 long green peppers  
1 tsp salt  
1/2 tsp black pepper  
1/2 tsp crushed red pepper  
2 eggs  
3/4 cup of corn flour  
Vegetable oil for frying

# Gut the anchovies. Wash with cold water and drain.

# Peel the tomatoes, slice to small pieces, clean the seeds of pepper and then slice into small pieces.

# Put the mixture of tomatoes and pepper in a mixing bowl, add salt, black pepper, and crushed red pepper, mix well.

Put the anchovy in your palm, open the anchovy and rub the mixture on its inner part, put the other anchovy on it for closing. Here is the bird!!

# Coat the anchovy bird with corn flour, and then dip into whipped eggs. Repeat this to all birds.

# Fry all the anchovy birds in hot-red oil. Take and wait a little on some paper towel for its extra oil. Serve hot or warm.

**Note:** Anchovy Bird is one of the favourite meals of Black Sea Region.