



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

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## Stewed Horse Mackerel

İstavrit Güveci



8 medium size horse mackerels  
4 tomatoes  
4 garlic cloves  
2 bay leaves  
7 tbsp olive oil  
1/4 tsp black pepper  
1/2 tsp salt  
For Upper Side:  
10-15 stems of parsley

- # Cut off the heads of the horse mackerels, clean and wash the bodies. Slice the garlic cloves finely, peel the tomatoes and dice them.
- # Place the tomato pieces, garlic, olive oil, salt and black pepper into a bowl and mix it.
- # Grease a proper size stew. Place 4 of the fishes side by side into the stew. Put half of the mixture over the fishes. Place the bay leaves over the mixture.
- # Then, place the remaining 4 fishes over the leaves and pour the remaining mixture over the fishes.
- # Cover the lid of the stew. Refrigerate it for about 1 hour.
- # Then, place the stew over high heat. When the meal reaches to the boiling temperature turn the heat to low and cook it for about 30 minutes.
- # Serve it hot after sprinkling some sliced parsley over.

**Note:** You may cook this meal also in oven at 390F.