



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

Baked Young Bluefishes

Fırında Çinekop



2.2 lbs young bluefishes
1 medium size onion
1 lemon
6 cloves of garlic
1/3 cup olive oil
1 tsp red pepper powder
1 tsp salt

- # Cut off the heads of the bluefishes. Remove their organs, wash and place onto a colander.
- # Grease the baking tray with half of the olive oil. Place the fishes into the tray firmly.
- # Sprinkle salt and red pepper powder. Place half circles of onion and lemon circles. Put the peeled garlic cloves without cutting into pieces.
- # Finally pour the remaining olive oil.
- # Place the tray into the oven which is preheated to 375 F. Cook it for about 50 minutes.
- # Serve hot.

Note: Garlic gives a different savor to the fishes.