



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

Baked Bonito

Fırında Palamut



2 bonitos
3 tomatoes
5 long green pepper
2 tbsp vegetable oil
1 onion
1 + 1/2tsp salt
1/2 cup parsley
1/2 tsp black pepper

- # Clean the bonitos, slice in pieces which have 1 finger thickness.
- # Place the circle type sliced onion on a oven tray.
- # Place the bonito on it.
- # Sprinkle the circle type sliced tomatoes and long green pepper.
- # Spread oil on it, and sprinkle black pepper.
- # Cook in 200 C (F 392) heated oven until it turns red.

Note: You must not add water certainly. If you add water it becomes poached.