



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

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## Fish Stew With Dill

Dereotlu Balık Buğulama



4 butterfly fillets  
1 onion  
1 tomato, medium size, circle sliced  
2 tbsp vegetable oil  
1 bay leaf  
1/3 cup water  
1/2 tsp salt  
1 bouquet dill

- # Place the fillets into the aluminium foil.
- # Sprinkle salt, add oil and water.
- # Finally add tomato, bay leaf and onion.
- # Enfold the foil as a package.
- # Cook in the 180 C (F 356) heated oven for 35-40 minutes.
- # Open the foil package before serving and add dill slices on the meal.

**Note:** You can cook this meal also in a pot over low heat.