



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

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## Poached Fish without Water Addition

Susuz Balık Buğulaması



2.20 pounds fish  
7 tbsp vegetable oil  
3-4 bay leaves  
Juice of a lemon  
8-10 parsley stems  
1 big tomato  
1 medium onion  
1 tsp salt  
1 pinch black pepper

- # Clean the fishes, wash and drain.
- # Place the fishes into a large pot by placing bay leaves, tomato circles and onion slices between them.
- # Pour oil and lemon juice, sprinkle salt and black pepper all over, and cover the lid on.
- # Cook over medium heat for about 25-30 minutes.
- # After turning the heat off uncover the lid, sprinkle finely sliced parsley.
- # Cover the lid on again.
- # Serve warm.

Note: You can bake this meal also.