



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

Poached Fish without Water Addition

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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.