



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

Bonito Packs

Sarma Palamut



2 bonitos
4 tbsp vegetable oil
1 onion
1 lemon
2 tsp salt
1/2 tsp black pepper

- # Clean the bonitos, wash, and drain. Slit into 2 pieces.
- # Cut aluminium foil pieces by considering the sizes of the half fishes.
- # Grease the aluminium foil a little, and place the half of the bonito on it, place the quarter of the onion slices.
- # Drizzle black pepper and salt all over it, and place the lemon slice on it.
- # Finally pour 1 tbsp vegetable oil all over and pack the fish with aluminium foil.
- # Place these packs on a heat resistant cooking pan, cook in 190 C for about half an hour.
- # Place on the service plate by opening the package, pay attention not to loose their shapes.

Note: You can cook other fishes by this method also.