Posted on 17 September 2012

by Tamara Withers

Baked Shaari Eshkeli

Ingredients

1 lb. Shaari Eshkeli fish
1/4 tsp table salt
1/8 tsp black pepper
2 tsp. unsalted butter
1 medium lemon (for juice and garnish)
1 oz. parsley, or basil (fresh and minced)

Preparation

1. Set the oven to about 160C
2. Place the fish on a rimmed baking pan
3. rub all over with salt and pepper. Place little pieces of butter all over fish
4. bake until fish turns opaque in centre, about 10 to 12 minutes
5. Immediately remove fish from oven and set on a serving plate
6. drizzle with freshly squeezed lemon juice
7. Sprinkle with parsley or basil and garnish with lemon wedges.
8.
9. Thanks to Choose Wisely for this recipe

Cooks Note