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Maral's Mediterranean Fish Delight

Ingredients

For the fish

1.5lb. Orange-spotted Trevally fillet (Jesh Um al Hala)

2.5fl oz. olive oil (preferably Syrian olive oil)

Juice of 3 lemons

Half a clove of garlic peeled and crushed

A pinch of salt

For the Tarator (Tahina) Sauce

Juice of 2-3 lemons

A half bunch of parsley chopped

3oz. tahini

Half a clove of garlic

2 fl oz. water

1.5 fl oz. olive oil

Salt as required

For the Spiced Paprika Potatoes

5 potatoes, peeled and chopped into cubes

1 tsp. minced mint

1 tsp. paprika

½ tsp. white pepper

½ tsp. mixed dry herbs

salt

1 fl oz. olive oil or more

Preparation

- 1 For the fish
- 2 Preheat the oven until it reaches a temperature of 250 degrees Celsius
- 3 Wash the fish well with lemon and salt and then brush thoroughly with olive oil
- 4 Mix the juice of 3 lemons with half a clove of crushed garlic and a little salt in an electric mixer
- 5 Pour the mixture on the fish until fully covered
- 6 Brush the oven pan lightly with olive oil before placing the fish in it
- 7 Put the fish in the oven for 15-20 minutes depending on thickness of fish fillets
- 8 In the meantime, prepare the potato by mixing in the mint, paprika and white pepper, and dry spices with the olive oil
- 9 Bake the potato in the oven until cooked or lightly fry it in vegetable oil
- 10 For the Tahina Sauce ('Tarator')
- 11 Mix the chopped parsley and tahini with the juice of 2-3 lemons and add three tablespoons of olive oil and ¼ cup water and a half a clove of garlic (or as much as desired)
- 12 Add salt and mix well by hand or for two minutes with an electric mixer
- 13 Serve the fish with delicious tahina sauce and potatoes along with steamed vegetables and pickles.
- 14
- 15 Thanks to Choose Wisely for this recipe

