



# Sammekeh Harra Whole Fish

A zesty fish favorite in coastal areas of Syria, Lebanon and northern Palestine. Adjust chili paste to taste.

**Nutrition Facts Per Serving:** Calories 596, Protein 77g, Carbs 55g, Fat 16g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 60 min



## INGREDIENTS

Red Snapper or Similar Fish

Onion

Garlic

Bell Pepper

Tomato

Fresh Coriander

Tomato Paste

Chili Paste (optional)

Lemon Juice

Olive Oil

Salt & Spices

Pita Bread

# METHOD

1. Drop tomatoes in slightly salted boiling water for 30 seconds, remove with slotted spoon then drop in ice cold water. Peel, remove seeds retaining juices, then dice into small chunks.
2. Preheat oven to 200°C.
3. Wash fish with cold running water & rub the insides with paper towel. Tap dry, make 2 diagonal slices on each side of the fish. Then season with half the salt, all but 1 tsp of the spice mix & ½ TBS of olive oil. Make sure to rub well into the slits, cavity & skin
4. Place fish in baking dish & cover tightly with foil, place in oven & cook 35 minutes. Do not overcook. Remove from oven but leave the oven on.

## **Meanwhile, prepare the sauce:**

5. In a heavy pot or skillet, heat all remaining olive oil over medium heat. Add the onions & fry on until they just turn golden. Season with a dash of salt & spice powder.
6. Add green peppers & cook for 2 minutes stirring. Reduce heat to low then add the garlic & toss quickly for 30 seconds.
7. Add chopped tomatoes & chili paste (if used) & stir.
8. Dissolve tomato paste in reserved liquid, add a table spoon of water if too thick & add to the cooking sauce along with half the remaining spice mix, 1 tablespoon chopped coriander leaves & half of the remaining salt.
9. Cook while stirring & when mixture starts to boil, add half the lemon juice, reduce heat. Stir & simmer over low heat uncovered for about 10 minutes or until most of the liquid is evaporated.
10. Taste for salt, lemon & spices & adjust to taste.
11. Spoon sauce over & inside baked fish and return to oven. Bake uncovered for 20 minutes more then take out of oven, rest for 5 minutes, sprinkle remaining coriander leaves & serve with remaining lemon juice & bread.

**BON APPETIT**