

Lebanese Fish Tagine Recipe (bakes fish)

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Description

Lebanese Tagine Fish Dish.

Recipe

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Serves: 4

Difficulty: Easy

Prep Time: 30 minutes

3 pieces fillet Tilapia (or any white fish)

3/4 cup tahini paste

1/4 cup lemon juice

1/4 cup yogurt

1 tbs minced garlic

1/4 cup water

1/4 tsp dried cilantro (corriander leaves)

1/2 tsp salt

1/8 tsp cayenne pepper

1/4 tsp black pepper

1/2 cup flour

1/2 tsp salt

5 tbs olive oil

2 tbs butter

1 cup sliced onions

1/2 cup toasted pine nuts

2 tbs fresh chopped parsley

pita chips

To make this wonderful dish you need to start by making the sauce. In a bowl mix together the tahini paste, lemon juice, yogurt, garlic, water, cilantro, 1/2 tsp salt, cayenne pepper, mix well then set aside. In a deep dish or bowl mix flour and 1/2 tsp salt, drench fish in flour then in a shallow sauce pan, heated to medium heat, add olive oil then brown fish on both sides, or about 2 minutes on each side. Place fish in a casserole dish and pour tahini sauce over it, place in 450 degree preheated oven for 15-20 minutes or until sauce is bubbling. While the fish is cooking, in a shallow pan, saute the onions in butter for 10 minutes over medium heat until brown caramel color, then set aside. When fish is done cooking, top it with the sauteed onions, pine nuts and parsley and serve with pita chips.