



HARAIME - Moroccan fish&hit
St. Peter's fish (Tilapia) in Moroccan style.
Serve for 6





Ingredients:

6 tomatoes. Chopped.

2 onions. Peeled and chopped.

1 red pepper. Chopped

1 chilli pepper. Chopped

10 cloves of garlic.

Coriander. Bunch.

Chopped

3 TBS chilly sauce.

6 St. Peter's fish. Filleted.

Or any other white fish

2 TBS tomato puree.

For the frying:

1 can lager beer.

2 eggs

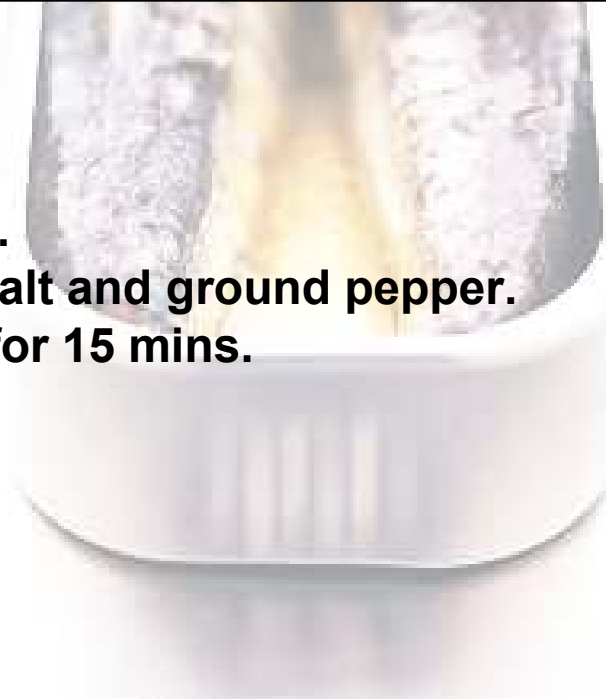
1 cup white flour.

Cooking oil.

Salt, ground pepper and extra virgin olive oil.



**Place the vegetables in a fireproof tray.
Add $\frac{1}{4}$ cup of olive oil, tomato puree, salt and ground pepper.
Mix all and place in the oven on HIGH for 15 mins.
Recommended on TURBO option.**





Making the mixture and frying the fish (from the fish&chips):

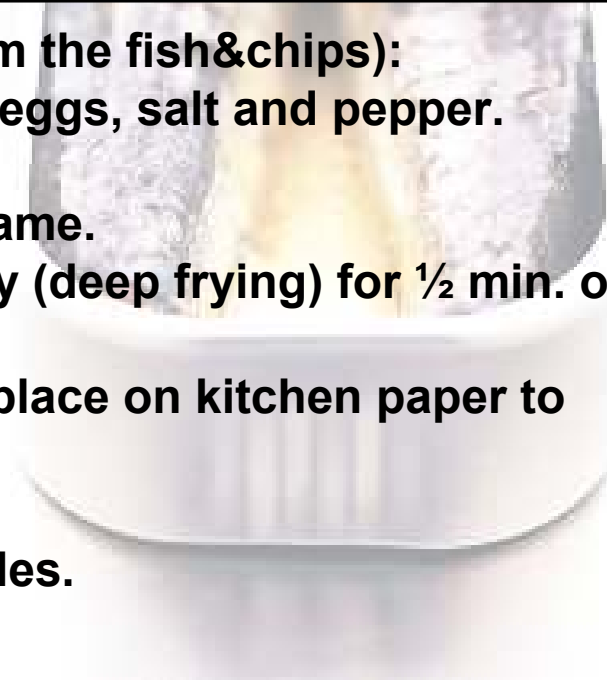
**In a deep bowl, add the flour, the beer, the eggs, salt and pepper.
Mix together well.**

Heat a deep pan of cooking oil on a high flame.

Dip each piece of fish in the mixture and fry (deep frying) for ½ min. on each side.

Remove fish out with a slotted spoon and place on kitchen paper to absorb the oil.

Take out the cooking tray with the vegetables.





Move the vegetables so that the fish can be placed on top in the tray. Try to cover the fish with the vegetables sauce. Tip: if you have a guests for dinner, you can prepare everything until this stage. Place in the fridge till the next step.

Replace the tray back in the oven on medium-high heat and serve after 10 mins



Serve....and receive compliments.....

Keep in touch: MeirCookBook@gmail.com