# THE FREE FISH

| Ingredients |
| --- |
| Quarter teaspoon of salt |
| 3 tablespoons of olive oil |
| Juice of half a lemon |
| Pinch sumac |
| 6 olives |
| Half a small onion |
| 3 mushrooms |
| 2 tomatoes |
| Arugula stitch |
| : Watercress salad |
| 4 green and red capsicum |
| 4 tomatoes |
| Half a teaspoon of black pepper |
| Half a teaspoon of salt |
| 1 tablespoon of capsicum molasses |
| 1 tablespoon of tomato molasses |
| 6 cloves of garlic |
| Large onion |
| 100 ml olive oil |
| : Free fish sauce |
| 2 lemon juice |
| 100 ml olive oil |
| A small spoon of sweet paprika |
| 2 teaspoons ground coriander |
| 1 teaspoon cumin |
| 1.5 teaspoon salt |
| 3 fish weighing 2 kg |

## Directions

To season the fish: put in a bowl of salt, cumin, dried coriander, sweet paprika, olive oil, lemon juice and mix the ingredients and then pour the marinade over the fish. Put in the fish slices of lemon with green coriander then put butter paper over the fish and then put tin foil and then We put the fish in a hot oven for half an hour at a temperature of 200 and leave it for 20-25 hours.
Fish sauce: In a bowl, put olive oil, onions, and garlic over a medium heat until the ingredients are straight, then add tomatoes, pepper molasses, salt, black pepper, then fry the ingredients, then add the chopped tomatoes and cook after that we add sweet red pepper, sweet green pepper and then leave on the fire For a period of two minutes, after the fish is cooked and removed from the oven, we add the sauce to it and return the fish to the oven for a quarter of an hour, then it is ready. For the watercress salad: In a bowl, put arugula and cut it by hand and add to it a tomato, mushroom, onion, black olives, a little sumac, oil, salt, lemon juice and mix the ingredients and serve with the free fish.

**C H E F  O M A R**

Bon Apetit!