

JEWFISH TARATOR

by Margaret of Gunwana

2018 Winner: Main Course

Ingredients (serves 4-6)

1 large Jewfish
Oil for brushing
150 ml Yoghurt
45 ml Tahini Sauce
3 cloves Garlic, crushed
Juice of 1 Lemon
Pinch Chili flakes
2 tbsp Coriander leaves
Seeds from 1 Pomegranate
Salt & Pepper



Method

Combine yoghurt with tahini sauce, lemon and garlic.
Refrigerate for 2 hours

Clean and scale fish and brush with oil and salt & pepper.
Cook, wrapped in foil or baking paper, for 20 minutes on each side in moderate oven

Arrange cooked fish on a serving platter then spread sauce over fish

Combine coriander, chili flakes, pomegranate seeds and salt & pepper then spoon over the fish