

Bal?k Yahni

Traditional Turkish Bal?k Yahni - tender fish braised with potatoes, tomatoes and herbs in a rich, flavorful sauce. Authentic Mediterranean seafood stew.

15 min

HAZIRLIK

25 min

PI?IRME

40 min

TOPLAM

6

PORSIYON

Medium

ZORLUK

Bal?k Yahni

Malzemeler

- 1.7 lb fish
- 0.25 cup fresh lemon juice
- 8 scallion
- 1 tomato
- 1.1 lb potato
- 1 cup water
- 9 sprig parsley
- 1 tbsp ketchup
- 3 clove garlic
- 0.5 tbsp ginger powder
- 0.5 tbsp salt

Yap?l???

- Prepare the fish**

Rinse the 1.7 lb white fish fillets under cold water and pat completely dry with paper towels. Cut into 6 equal portions and place in a bowl. Pour the 1/4 cup lemon juice over the fish pieces and let marinate for 15 minutes at room temperature.
- Start the base**

Heat the 1 tablespoon olive oil in a large, wide saucepan or Dutch oven over medium heat until shimmering, about 1-2 minutes. Add the 8 chopped green onions and cook, stirring occasionally, until softened and fragrant, about 2-3 minutes.
- Add the diced tomato**

Add the 1 diced tomato to the pan and cook, stirring occasionally, until it begins to break down and release its juices, about 4-5 minutes.
- Stir in the garlic and ginger**

Stir in the 3 minced garlic cloves and cook until fragrant, about 30 seconds. Add the 1/2 tablespoon tomato paste and 1/2 tablespoon ground ginger, stirring constantly for 1 minute until well combined.
- Add vegetables and liquid**

Add the 1.1 lb cubed potatoes, 7 sprigs of the chopped fresh parsley (reserve 2 sprigs for garnish), and 1 teaspoon salt. Pour in the 1 cup water and bring to a boil over medium-high heat.
- Simmer the stew**

Reduce heat to low, cover tightly, and simmer until the potatoes are almost fork-tender, about 10-12 minutes.

7 Cook the fish

Gently nestle the marinated fish pieces into the vegetable mixture, spooning some of the liquid over the fish. Cover and cook until the fish flakes easily with a fork, about 12-15 minutes.

8 Finish and serve

Remove the lid and increase heat to medium-high. Cook uncovered, gently stirring occasionally, until the sauce reduces and thickens slightly, about 3-5 minutes. Taste and adjust seasoning with salt if needed. Garnish with the remaining 2 sprigs chopped fresh parsley before serving.

?puçlar?

Marinate the fish in lemon juice for at least 15 minutes before cooking to help firm the flesh and prevent it from breaking apart during braising.

Cut potatoes into uniform cubes to ensure even cooking - pieces that are too large will remain undercooked while smaller pieces may become mushy.

Use a wide, shallow pan rather than a deep pot to allow proper evaporation and sauce concentration during the final cooking phase.

Don't skip the covered cooking phase - this gentle steaming method keeps the fish moist while allowing flavors to develop fully.

Add the fish to the pot when the vegetables are nearly tender to prevent overcooking and maintain the fish's delicate texture.

Taste and adjust seasoning before the final uncovered cooking phase, as this is your last chance to perfect the flavor balance.

Let the dish rest for 5 minutes after cooking to allow the sauce to thicken slightly and the flavors to settle before serving.