

Fırın Levrek

Authentic Turkish baked sea bass (Fırın Levrek) with herbs and vegetables. Easy Mediterranean recipe with step-by-step instructions for perfectly flaky fish.

15 min

HAZIRLIK

50 min

PIRME

1h 5min

TOPLAM

2

PORSİYON

Medium

ZORLUK

Fırın Levrek

Malzemeler

- 2 branzino
- 2 onion
- 1 tomato
- 1 lemon
- 0.5 cup olive oil
- 4 sprig fresh oregano
- 2 sprig bay leaf
- 4 clove garlic
- 1 tsp sea salt

Yapılış

- Prepare the fish**

Clean 2 sea bass thoroughly under cold running water, removing any scales and ensuring the cavity is empty. Pat completely dry with paper towels and set aside.
- Preheat oven to 180°C (356°F).**
- Prepare the vegetables and aromatics**

Slice 2 tomatoes into 6mm (¼-inch) thick rounds. Slice 1 onion into thin rings. Cut 1 lemon into 6mm (¼-inch) thick rounds. Peel and thinly slice 4 garlic cloves.
- Stuff the fish**

Insert 2-3 lemon slices, 2-3 tomato slices, 2 bay leaves, half the garlic slices, and a few onion rings into the cavity of each fish. Close the cavity by pressing gently.
- Assemble for baking**

Line a large baking tray with parchment paper. Place stuffed fish on the tray and arrange remaining tomato slices, onion rings, and garlic around the fish. Strip leaves from 2 thyme sprigs and sprinkle over everything.
- Drizzle ½ cup olive oil evenly over the fish and vegetables. Season everything with 1 teaspoon salt.**

- 7 **Seal and bake**
Cover the entire tray tightly with another sheet of parchment paper, tucking edges under to create a sealed packet. Bake for 40 minutes.
- 8 Remove top parchment paper and continue baking until fish flakes easily when tested with a fork and vegetables are lightly caramelized, about 10 more minutes. Serve immediately.

?puçlar?

Score the skin of the sea bass with shallow diagonal cuts to help seasonings penetrate and ensure even cooking.

Pat the fish completely dry before seasoning to help the olive oil and herbs adhere better to the surface.

Create a bed of vegetables under the fish to prevent sticking and add extra flavor to the cooking juices.

Don't overcrowd the baking tray - use two smaller trays if necessary to ensure proper air circulation.

Let the fish rest for 5 minutes after removing from the oven before unwrapping to allow juices to redistribute.

Save the flavorful cooking liquid to drizzle over rice or use as a base for fish soup.

Test for doneness by gently pulling apart the thickest part of the fish - it should flake easily and be opaque throughout.

For extra crispy skin, remove the parchment paper for the last 5-10 minutes of cooking and increase oven temperature to 400°F.