

Fırında Uskumru

Baked mackerel with vegetables - a healthy Turkish recipe featuring tender fish baked with aromatic herbs and seasonal vegetables. Ready in 40 minutes!

5 min

HAZIRLIK

35 min

PIRME

40 min

TOPLAM

6

PORSİYON

Medium

ZORLUK

Fırında Uskumru

Malzemeler

- 4.5 lb fish
- 2 carrot
- 2 onion
- 4 tomato
- 3 clove garlic
- 3 sprig bay leaf
- 4 tbsp olive oil
- 1 tsp salt
- 1 lemon

Yapılışı

1 Prepare the oven and vegetables

Preheat oven to 200°C (400°F). Peel 2 carrots and cut into finger-thick batons, about 3 inches long. Cut 2 onions into thick wedges. Mince 3 garlic cloves.

2 Core 4 tomatoes and cut into large chunks, leaving skins on.

3 Season the fish

Pat 4.5 pounds mackerel dry with paper towels. Season both sides generously with 1 teaspoon salt, rubbing it into the skin and flesh.

4 Assemble the dish

Arrange seasoned mackerel in a large baking dish in a single layer. Scatter prepared carrots, onions, garlic, tomatoes, and 3 bay leaf sprigs around and over the fish.

5 Drizzle 4 tablespoons olive oil evenly over fish and vegetables. Add 1 lemon's juice and 1 cup water to the dish.

6 Bake covered

Cover tightly with aluminum foil and bake for 25 minutes until fish flesh is opaque and vegetables are tender when pierced with a fork.

7 Finish uncovered

Remove foil and bake 8-10 minutes more until fish skin is golden and flesh flakes easily when tested with a fork.

Let rest 5 minutes to allow juices to settle. Serve hot with the roasted vegetables and pan juices spooned over top.

?puçlar?

Choose mackerel with bright, metallic skin and firm flesh. Fresh fish should smell like the ocean, not "fishy." If using frozen, thaw overnight in the refrigerator for best texture.

Pat the mackerel completely dry with paper towels before seasoning. Excess moisture prevents proper browning and can make the dish watery.

Cut vegetables into uniform sizes to ensure even cooking. Carrots should be finger-thick, onions in wedges, and tomatoes in large chunks.

Use a meat thermometer to check doneness - mackerel is perfectly cooked when internal temperature reaches 63°C (145°F) and flesh flakes easily.

Don't skip the covered baking phase. This creates steam that keeps the fish moist while allowing vegetables to cook through properly.

Add a splash of white wine or fish stock instead of water for deeper flavor complexity and restaurant-quality results.

Let the dish rest for 5 minutes after baking to allow juices to redistribute and flavors to settle before serving.