



Mahi Shekam Por

Stuffed fish

Featured on November 8, 2019 for “Persian Cuisine in the US” demo with Chef Zohreh Mohagheghfar of Emma’s Torch

Mahi Shekam Por

Recipe courtesy of Chef Zohreh Mohagheghfar

Yield: 7 servings

Ingredients

Fish Marinade

3 tablespoons onion juice
3 tablespoons lemon juice or vinegar
4 cloves garlic, minced
Salt, pepper, and turmeric to taste

Fish Filling

1 whole fish, 1 ½- to 2 kg, with less bones, such as salmon or snappers
1 cup onion, small dice
10 cloves garlic, grated
2 ½ cups cilantro, chopped
¾ cup fenugreek, chopped
Salt, to taste
Black pepper, to taste
Turmeric, to taste
Curry powder, to taste
Nutmeg, to taste
Tamarind sauce, to taste
½ cup walnuts, small dice
½ cup almonds, small dice
½ cup raisins
½ cup barberries

3 lemons
Saffron, to taste
Butter, to taste
Olive oil, to taste

Directions

Clean and wash the fish. Marinade the fish with onion juice, lemon juice (or vinegar), minced garlic, salt, pepper, and turmeric, and place in the fridge for 1 to 2 hours.

Preheat the oven to 200 °F.

In a medium sauté pan, cook the onion. Add garlic and herbs. Cook until halfway cooked, then follow with spices. Add tamarind sauce. Cook to reduce the liquid, then add walnuts and almond, cooking for about 5 minutes. Add barberry and raisins.

On a baking sheet, line with foil or use slices of onion for the fish to rest on so it doesn't stick to the tray.

Stuff filling into the slit at the belly of the fish. Place the fish on the baking sheet and cover with foil. Cook in a 200 °F oven for 40-50 minutes. Melt some butter and infuse with saffron to taste. After allotted baking time, remove foil and brush fish with butter and saffron mix. Continue baking for another 15 minutes. To serve, decorate with different vegetables such as radishes, lettuce, scallions, or lemon slices. Serve with sabzi polo.



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