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Recipe:

Fish in marinade

Ingredients:

3 x cloves of garlic
1.5 dl of oil
1 dl of water
1 x handful of parsley
1 dl of white wine
1 x lemon
1 x lemon peel
1 x wheat semolina



Difficulty:



General description and procedure:

- Clean the fish well under running water and lightly score the skin. Place the fish in a glass container and add the **marinade**.
- Prepare the **marinade** by adding 3 cloves of garlic, 1.5 dl of oil, 1 dl of water, 1 handful of chopped parsley, 1 dl of white wine, the juice of 1 squeezed lemon, and the lemon peel to a separate bowl. Mix all the ingredients well.
- Keep the fish in the marinade in the refrigerator for about one hour.
- When you take the fish out of the refrigerator, coat them in wheat semolina.
- Place the fish in a baking tray lined with parchment paper. Bake for about 30 minutes at 250°C. The baking time depends on the weight of the fish.

