

# White fish in lemon tahini sauce

Tahini and lemon juice make a nutty and creamy sauce for cod, haddock or other white fish.

This is ascribed to **Syria**<sup>1</sup> but could be any eastern mediterranean country.

Quantities for 4 diners.

## Ingredients

- 4 boneless white fish fillets
- 15 ml Zaytoun **FAIRTRADE** olive oil
- 10 ml **FAIRTRADE** white wine (splash)
- to taste **FAIRTRADE** freshly ground black pepper

*Sauce:*

- 3 **FAIRTRADE** lemons
- 45 ml **FAIRTRADE** tahini
- 45 ml Greek Yoghurt
- 2 cloves garlic
- lots fresh parsley

## Method

### Preparation

Check the fish for bones, and trim as necessary.

Juice and zest one lemon. Slice one lemon.

Quarter the other lemon.

Chop the parsley quite fine.

Skin and crush the garlic into a small mixing bowl

### Cooking

#### Fish

Preheat the oven to Gas Mark 4.

Use the olive oil to grease the bottom of an oven-proof dish.

Put the fish into the dish with a splash of wine and a good pinch of pepper.

Put the fish in the oven to cook gently for between 15 and 25 minutes, it doesn't need to be cooked right through in this phase.

### Sauce

Add to the crushed garlic:

- 25 ml cold water
- tahini
- lemon juice
- lemon zest
- yoghurt

and mix well until a smooth and creamy thick liquid is formed, adding a little more water of needed.

Mix in the chopped parsley.

When the fish is nearly cooked, pour the sauce over the fillets and return it to the oven.

Increase the heat to Gas Mark 6, and bake for a further 10 minutes when the sauce should be piping hot and bubbly.

### Assembly

#### To serve

Decorate with slices of lemon and a sprigs of herbs such as mint or basil, and serve hot.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/syria.htm>

## **Suggestions**

In winter: potatoes and peas.

In summer: Za'atar tomato salad<sup>2</sup>

## **Variations**

Other light summer salads would be fine.

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<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/zaatar\\_tomato\\_salad.htm](http://www.fairtradecookbook.org.uk/recipes/zaatar_tomato_salad.htm)