

# Gilt-head bream (Dennis fish / Orata) in yogurt



Ready in 20 minutes

Likes: -1 likes



Yield: 4

Summery:

Dennis  
recipe by  
chef Eyal  
Lavi  
(Rokah 73  
resturant)

Ingredients:

- 4 Dennis fish - filleted and boneless
- 4 cups of 4% fat yogurt
- 4 crushed garlic cloves
- 1 tbsp of Zaatar
- 1 tbsp of Sumac
- 50 grams of roasted pine nuts
- 1 flat tsp corn starch
- 4 tbsp olive oil

Instructions:

Heat the oven to 200 degrees celsius. Coat a baking tray with olive oil. Wipe the fillets and place them, skin down in the tray. In a large bowl mix the yogurt with a pinch salt a pinch of pepper, the crushed garlic and two tbsp of olive oil. Pour the mixture ontop of the fish fillet so that it coats the fillet evenly. Insert the tray into the oven for 10 minutes. Turn the oven to grill and bake for an additional 3-4 minutes, until the yogurt is lightly roasted. Spread the Zaatar, Sumac and pine nuts on top of the fishes and serve.

Food signs - Vegetarian:



Vegan:



Gluten Free:



