

## Persian *Mahi-ye tu por-e torsh-o-shirim*

(Sweet and Sour Fish)

Salmon, sea bass, flounder, orange roughy, or rockfish are recommended fish to use in this recipe. This dish should be served with *chelow ba polow paz* (saffron steamed Basmati rice).

### Ingredients

4 lbs. fish fillets, 1/4 to 1/2 inch thick

2 garlic cloves

1/2 cup chopped scallions

1/4 cup chopped dates

1/4 cup chopped, dried apricots

1 Tbs. candied orange peel

3 limes

4 Tbs. butter **or** sesame oil

1/3 cup blanched, slivered almonds

1/3 cup blanched, slivered pistachio nuts

1/2 tsp. ground cinnamon

1/4 tsp. saffron threads

2 Tbs. hot water

2 tsp. salt

1/4 tsp. fresh ground black pepper

2 Tbs. toasted slivered almonds (for garnish)

2 Tbs. toasted unsalted pistachio nuts (for garnish)

### Utensils

knife and cutting board

measuring cup

measuring spoons

lemon reamer

2 small bowls

teakettle

frying pan

spatula

skewers

glass baking pan

plastic wrap

cookpot **or** microwave-safe

bowl

Rinse the fish under cold running water and pat it dry with paper towels. Rub both sides of the fish with 1 tsp. salt. Thoroughly grease the baking pan. Peel the garlic. Using the flat part of the knife, crush the garlic. Cut off the roots and finely chop the scallions. Finely chop the dried apricots. Chop the dates. Juice the limes. Heat water in the teakettle on the stove over high heat. Place the saffron threads in a small bowl and add 2 Tbs. hot water. Heat the frying pan on the stove over medium heat and add the 4 Tbs. of nuts for the garnish. Toast the nuts in the dry frying pan 5 to 10 minutes or until they are golden brown. Using a spatula, remove the nuts from the pan and place them in a small bowl. Set the nuts aside. Melt 2 Tbs. butter or oil in the frying pan on the stove over medium heat. Add the garlic and scallions and sauté 10 minutes. Add the

fruit, slivered nuts, candied orange peel, juice from one lime, cinnamon, 1 tsp. salt, and pepper. Cook an additional 1 minute. Remove the frying pan from the heat. Lay the fillets of fish out flat on a clean, dry surface and place 1/4 of the mixture in the center of each fillet. Roll the fish around the filling and secure it closed with a skewer. Place the fish rolls in the baking pan. The dish can be prepared up to this point in advance and stored in the refrigerator covered in plastic wrap. Preheat the oven to 400°F. Melt the remaining butter in a cookpot on the stove over medium high heat, or in a microwave-safe bowl in the microwave oven. Pour the melted butter, saffron water, and remaining lime juice over the fish. Place the baking pan in the oven and bake 15 to 20 minutes or until the fish flakes easily with a fork. Baste the fish with the pan juices several times during the cooking process. Remove the pan from the oven and use a spatula to place the fish on the serving platter. Remove the skewers and pour the pan juices over the fish. Garnish with the toasted nuts and serve hot.