IRAN

Dempakhtak Mahi

Dempakhtak Mahi is a traditional dish in the South of Iran, which is very popular. The use of spicy spices in this dish is one of its distinctive features. The presence of fish in the raw materials of this food makes it have unique properties. Fishes such as the narrow-barred Spanish mackerel (*Scomberomorus commerson*), Grouper (*Epinephelus coioides*), Indo-Pacific king mackerel (*Scomberomorus guttatus*) and Sobaity seabream (*Sparidentex hasta*) are the best fishes for this recipe.

Ingredients

Rice: 8 cups

Medium onion: 8 pieces

Fish fillet: 6 pieces

Medium garlic: 8 cloves

Fresh dill: 3 cups

Coriander: as needed

Omani lemon powder: as needed

Turmeric, salt and pepper: as needed

How to prepare

1. **First step- Marinating the fish:** First, massage the fish fillet well with salt, lemon powder, black pepper and a little garlic and leave it in the refrigerator for half an hour until it tastes good.
2. **Second step- Fry the fish:** Remove the seasoned fish from the refrigerator and fry in hot oil.
3. **The third step- frying the onion:** Wash the onions and cut them into slices and fry well in oil with a little turmeric until golden and light. Leave some of the hot onion aside for decoration. Then peel the garlic and grate or crush it and fry it with hot onion until the aroma of the garlic comes out. At the end, add some red pepper.
4. **Fourth step- Boiling rice:** Pour two glasses of water into the hot onion and garlic pot and let it boil. When the water boils, pour the rice into the boiling water. Then, when the rice becomes soft, add the fresh dill that you cleaned and chopped, along with salt and black pepper. and add liquid oil to the rice.
5. **The fifth step- preparing the tail of Dempakhtak Mahi:** When the rice water is about to run out, pour the fried fish into the rice and stir, then put the steamer in the pot and let the Dempakhtak Mahi brew for 45 minutes until it is ready, then serve it in a serving dish with hot onions and Garnish with a lemon wedge.