

## Foodie Friday: Ilya Avdeev's Marinated Fish

This is my favorite mom's recipe because you can just grab leftovers from the fridge and eat them without heating up – it tastes delicious either hot or cold!

### Ingredients:

2 lbs fish fillet (pollock, cod, flounder, pink salmon, char, tilapia)  
2-3 pcs. yellow onions  
2-3 large pcs. carrots  
Flour  
Tomato paste or ketchup  
Bay leaf  
Allspice  
Salt and pepper  
Sugar  
Lemon juice (or vinegar)  
Olive oil  
Greens (dill, parsley, green onion)

### Instructions:

1. Cut the fish fillet into portions. Season the flour and roll the fish in the seasoned flour until well covered. Fry on both sides until golden brown.
2. Chop the onion into thin strips. Sauté in olive oil for 5 minutes. Add carrots, grated on a coarse grater, or cut into thin strips.
3. When the carrots are soft, add the tomato or a few tablespoons of ketchup to taste. If there is not enough liquid, then add a little broth or water. Simmer over low heat for 15-20 minutes covered. Add salt and pepper to taste, add bay leaf and allspice, sugar and lemon juice (or vinegar). I like the sauce to be quite liquid, it is in this sauce that the fish can marinate well.
4. Put the pieces of fish in a bowl (or container), pour the marinade. Leave in the refrigerator overnight. Sprinkle with chopped herbs before serving.