

Recipe



Baked Onaga with Tomatoes and Homemade Harissa

"Harissa is the chili sauce of the Moroccan people."

MAKES 4 SERVINGS

INGREDIENTS

FOR THE FRESH HARISSA:

- 4-6 dried small, hot, red chilies, stems removed*
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- 1 tsp dried mint
- 1 tsp ground caraway seeds
- 5 cloves garlic
- ½ cup olive oil

**Use "Japanese dried chilies" or any medium-hot chili such as Szechuan chilies or chile de arbol.*

FOR THE FISH:

- 2-2 ½ lbs whole onaga, scaled and cleaned
- 1 tbsp harissa
- 3 tbsp extra virgin olive oil
- 4 cloves garlic, crushed
- 2 sliced lemons
- 1 Maui sweet onion, large, sliced
- 2 tomatoes, large, ripe, sliced
- 3 sprigs Italian parsley
- 3 sprigs fresh thyme

DIRECTIONS

MAKE THE HARISSA:

1. Using scissors or a sharp knife, cut chilies into pieces. Cover with boiling water and cook to soften, 30 to 90 minutes. Drain chilies and squeeze out excess water.
2. Place chilies in food processor with remaining harissa ingredients. Grind to a paste. Scrape down sides, then process again for 20 seconds. Place in small glass jar (*it will soak into and stain many plastic containers*). Cover surface with a thin layer of olive oil and seal tightly. Harissa keeps in the refrigerator for up to 8 weeks and it's wonderful in soups, sauces, and stews.

PREPARE THE FISH:

1. Pre-heat oven to 400°F. Wash fish under running water for two minutes, making sure to remove all surface blood. Dry the fish well with paper towels.
2. Make two to three diagonal slashes on each side of the fish to ensure even cooking. In a small bowl, combine harissa, olive oil and garlic. Rub the harissa mixture on both sides of the fish and inside the cavity.
3. Lightly grease a baking dish large enough to hold the whole fish, then arrange the sliced onion on the bottom. Arrange tomatoes, parsley, thyme and sliced lemons over onions.
4. Place fish on top and bake uncovered for 35 to 40 minutes, or until the fish is cooked.



Serve hot with French bread (baguette).

*Recipe and Photo Courtesy Kapi'olani
Community College Culinary Arts Department
Front Top Photo: Dean Sensui*