Baked pike with vegetables "Almazovskaya pike" (khurs.ru - 2022)

- 1. Vegetable oil
- 2. Cut onion into discs
- 3. Sweet red pepper cut into strips
- 4. Cut yellow tomatoes into thin slices
- 5. Cut the pike into large pieces and sprinkle with spices on all sides
- 6. Spices: dried ground garlic, ground black pepper, salt

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Warming up	Baking under foil at 250°C 45 minutes	Baking under foil at 225°C 45 minutes	Baking under foil at 200°C 45 minutes	Baking without foil at 180°C 40- 45 minutes	-	Baked pike
Baking in the oven					<u>'</u>	

- 1. Pike (fillet) -2.7 kg
- 2. Sweet red pepper -600-650 g
- 3. Onion 1.3-1.5 kg
- 4. Yellow tomatoes 1 kg g
- 5. Vegetable oil 75-90 g
- 6. Dried ground garlic -0.75-0.9 tablespoons
- 7. Ground black pepper -0.75-0.9 tablespoons
- 8. Salt 1.25-1.5 tablespoons



Baked pike with vegetables "Almazovskaya pike"



1. We catch a pike



2. We cut the pike into large parts



3. Take sweet red peppers.



4. Sweet red pepper cut into strips



5. Take yellow tomatoes



6. Cut yellow tomatoes into thin slices 7. Peel onion





8. Cut onion into thin discs



9. We make up the proportions of spices



10. We take vegetable oil



11. We put foil in a baking sheet, pour 12. We put a layer of vegetable oil onion in a baking sheet



Baked pike with vegetables "Almazovskaya pike"



13. Sprinkle each portion of pike with spices on both sides



14. Put the portion pike tightly in a baking tray



15. Put sweet red pepper in a baking tray



16. Put yellow tomatoes in a baking tray



17. Put a layer of onion in a baking sheet



18. Close the foil and put the baking sheet in a preheated oven



19. Bake at 250, 225 and 200°C for 45 minutes



20. We open the foil on top of the baking sheet



21. Bake at 180°C for 40-45 minutes



22. Turn off and open the oven



23. Remove the baking sheet from the oven



24. We serve it on the table