

Lavangi Fish

Azerbaijan • Stuffed baked fish with walnut-herb filling



Photo: Lambros

Ingredients

- 1 whole white fish (about 1–1.5 kg) — sea bream, haddock, cod, or similar; cleaned
- 1 medium onion, finely chopped
- 2 tbsp olive oil
- 150 g walnuts, finely ground
- 1 tbsp pomegranate molasses (or 1 tbsp lemon juice + 1 tsp honey)
- 1–2 tbsp chopped fresh herbs (cilantro + parsley, or dill + parsley)
- 1 tsp sumac (optional but nice)
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp black pepper
- 3/4 tsp salt, plus extra for the fish
- 2 tbsp pomegranate seeds (optional, for serving)
- 1 lemon, cut into wedges (for serving)

Steps

1. Heat oven to 200°C.
2. Make the filling: sauté the onion in olive oil with a pinch of salt until soft (6–8 min).
3. Stir in walnuts, pomegranate molasses, herbs, sumac, coriander, cumin, pepper, and salt. Cook 1 minute, then let cool slightly.
4. Pat the fish dry. Salt inside and out. Stuff the cavity with the walnut mixture; if there's extra, spread a little over the top.
5. Place fish on a lined baking tray. Bake 20–30 min depending on thickness, until opaque and flaky (or ~55°C in the thickest part).
6. Rest 5 minutes. Serve with lemon wedges and (optional) pomegranate seeds.

Notes

- If using fillets instead of a whole fish: spread filling over 2–4 fillets, roll up, and bake 12–15 minutes.