**FISH IN SAOR**

Serves 4

**Ingredients:**

1 lb of sardines to clean or fillet fish (sole fish, sea bass, claned) or cleaned shrimps

**2 lb of ONIONS**

**½ c. WHITE VINEGAR**

**½ lb of OIL** (peanut, corn, or sunflower seed), plus one spoon

**RAISINS** soaked in water (optional)

**1 HANDFUL of chopped almonds or pine-nuts**

**SALT, PEPPER**

**1 bay leaf** (optional)

Flour for frying

Tools:

a pan or an electric fryer for frying

one pan

one plate with paper to drain vegetables

one chopping board, one tray

one pot lid

knives, one wooden spoon

Directions:

-PUT IN A PAN A SPOON OF OIL AND A BAY LEAF

-PUT FRYING OIL IN A PAN OR FRYER AND HIT IT

-MINEWHILE, SLICE ONIONS

-HIT OIL AND BAY LEAF, THEN ADD SLICED ONIONS, COVER WITH A POT LID; COOK LOW TEMPERATURE

-IF YOU COOK SARDINES, CLEAN THEM (REMOVE HEAD AND INNARS)

-THEN ADD TO ONIONS: PINE NUTS OR ALMONDS (ACCORDING TO YOUR TASTE), DRAINED RAISINGS, VINEGAR, SALT AND PEPPER. COVER WITH THE POT LID AND COOK AT LOW TEMPERATURE

-FLOUR FILLET FISH OR SHRIMPS OR SARDINES

-FRY FISH IN HOT OIL

-DRAIN FISH IN A PLATE COVERED WITH FRIED FOOD PAPER; ADD SALT

-IN A TRAY, MAKE A LAYER OF FISH AND A LAYER OF ONION SWEET AND SOUR SAUCE (SAOR)