

african fish stew

winter



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EST 1981. SYDNEY FISH MARKETS PYRMONT

African fish stew

Serves 4

4 x 220 g (7 oz) Blue-Eye Cod fillets or cutlets
1 large onion, sliced
1 red capsicum (pepper), thinly sliced
150 ml (5 fl oz) olive oil
80 ml (1/3 cup) lemon juice
1 teaspoon cayenne pepper
100 ml (3 1/2 fl oz) fish stock

Fish substitution

Tuna steaks, kingfish cutlets

Put the fish in a shallow non-metallic dish. Scatter the onion and capsicum over the top. Combine 80 ml (1/3 cup) of the oil with the lemon juice and cayenne pepper, then pour over the fish, cover and leave to marinate for 30 minutes in the fridge.

Lift the onion and capsicum out of the dish and pat dry. Heat 2 tablespoons of the remaining oil in a deep-sided saute or frying pan, then add the onion and capsicum. Reduce the heat to low and cook gently for 10 minutes to soften, stirring now and then. Meanwhile, lift the fish out of the marinade and pat dry, reserving the marinade.

Transfer the onion and capsicum to a plate and heat the remaining oil in the pan. Sear the fish for 1 minute and each side. Return the onion and capsicum to the pan with the marinade and stock. Bring the liquid to the boil, then reduce the heat to low and cook gently, covered, for 7 minutes, or until the fish is cooked through. Season and serve with the onion and capsicum.

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