

caribbean fish soup

winter



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EST. 1981, SYDNEY FISH MARKETS BUILDING

Caribbean fish soup

Serves 6

2 tomatoes
2 tablespoons olive oil
4 stems of French shallots, finely chopped
2 celery stalks, chopped
1 large red capsicum (pepper), chopped
1 pepper (chilli - extremely hot), deseeded and finely chopped
1/2 teaspoon ground allspice
1/2 teaspoon freshly grated nutmeg
850 ml (30 fl oz) fish stock
275 g (93/4 oz) orange sweet potato, peeled and cut into cubes
60 ml (1/4 cup) lime juice
500 g (1lb 2 oz) ling fillets, cut into chunks

Fish substitution

Flathead fillets, bream fillets (skinless and boneless)

Score a cross in the base of each tomato. Soak in boiling water for 30 seconds, then plunge into cold water. Drain and peel the skin away from the cross. Chop the tomatoes, discarding the cores, and reserving any juices.

Heat the oil in a large saucepan, then add the shallots, celery, capsicum, chilli, allspice and nutmeg. Cook for 4-5 minutes, or until the vegetables have softened, stirring now and then. Tip in the chopped tomatoes (including their juices) and stock and bring to the boil. Reduce the heat to medium and add the cubes of sweet potato. Season to taste with salt and pepper and cook for about 15 minutes, or until the sweet potato is tender.

Add the lime juice and chunks of fish to the saucepan and poach gently for 4-5 minutes, or until the fish is cooked through, Season to taste, then serve with lots of crusty bread.

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