

Fish Stew in Coconut Lime Broth



Makes:

8 - 10 servings

Utensil:

Saladmaster Food Processor
9 Qt./8.5 L Braiser Pan with Cover
medium mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Many cultures near the coastlines have a favorite version of fish stew. Coconut, garlic, ginger and cilantro are a popular combination of ingredients in this Latin American inspired fish stew. This dish can be ready to serve in less than 30 minutes.

1 large
onion, strung, use Cone #2
5 cloves garlic, shredded, use Cone #1
4 stalks celery, strung, use Cone #2
2 tablespoons
ginger root, shredded, use Cone #1
(12
g)
2 red bell peppers, julienned, use Cone #2
2 pounds
salmon, halibut or cod filet, cut into 3 - 4 ounce portions
(907
g)
salt and pepper to taste
2 pounds
shrimp, peeled and deveined
(907
g)
2 cups
fish stock or clam juice
13 ½ ounces
coconut milk, unsweetened
(400
mL)
3 tablespoons
tomato paste
(49
g)

3 - 4 tablespoons
 lime juice, fresh
 (45 - 60
 mL)
 ¼ teaspoon
 crushed red pepper
 (.5
 g)
 ½ teaspoon
 natural salt
 (3
 g)
 4 scallions, sliced thin, green and white part
 ½ bunch
 cilantro leaves, chopped

Directions:

1. Preheat pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, approximately 5 - 7 minutes, add onions, garlic, celery, ginger and red peppers. Sauté for 7 - 10 minutes, stirring occasionally.
2. Season fish portions with salt and pepper.
3. Place fish portions and shrimp over sautéed vegetables.
4. Combine fish stock, coconut milk, tomato paste, lime juice, crushed red pepper and salt in a bowl.
5. Pour liquid over fish and cover pan. When Vapo-Valve™ clicks steadily, reduce heat to low and cook for 12 - 15 minutes until fish is tender.
6. Taste and adjust seasonings as desired.
7. Garnish stew with scallions and chopped cilantro.

Tips:

- Stew is delicious as is or accompanied with short grain brown rice, sushi-style rice or quinoa.
- If available, add 1 stalk lemongrass, crushed, to braising liquid while fish is cooking.
- Add 2 cans of drained and sliced hearts of palm.
- Substitute tomato paste for chopped fresh tomato.

Nutritional Information per

▼ Serving

Calories: 247
Total Fat: 6g
Saturated Fat: 2g
Cholesterol: 186mg
Sodium: 677mg
Total 8g
Carbs:
Dietary Fiber: 2g
Sugar: 3g
Protein: 39g