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Susan's Fish Chowder

Ingredients

0.8lb. Faskar/ Shaari fillets – skinned and chopped
0.5 fl oz. canola oil
1 sweet potato – peeled and chopped
2 medium courgettes – chopped
6 baby corn – halved
1 red or orange pepper – cored, seeded and chopped
1/2 tsp ground cumin
1/2 tsp dried chilli flakes
26 fl oz. fish or vegetable stock
3fl oz. creamed coconut or 4 fl oz. coconut milk
1 oz. chopped coriander

Preparation

- 1 Heat the oil in a large pan and add all vegetables. Cook over a moderate heat for about 5 minutes, or until the vegetables start to soften
- 2 Stir in the ground cumin and chili flakes. Continue to cook. Add the stock and simmer until the vegetables are tender (about 10-15 minutes)
- 3 Add the creamed coconut* and stir until melted
- 4 Add the fish and cook for a few minutes. Be careful not to overcook
- 5 Check seasoning. Add the coriander and serve immediately with hot, crusty bread.
- 6 *Thanks to Choose Wisely for this recipe*

Cooks Note
