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Spicy Tamarind Fish Stew (Ghaliyeh Mahi)

Ingredients

1 1/2 pounds firm, white-fleshed skinless fish fillet, such as Atlantic cod, Pacific halibut, or US-caught swordfish
2 yellow onions, diced
1/4 cup refined coconut oil
4 cloves garlic, minced
1 teaspoon ground turmeric
2 cups Thai tamarind concentrate, strained to remove grit
3 red or green serrano chiles, seeded and thinly sliced
Sea salt?
About 2 cups tightly packed fresh cilantro, coarsely chopped

Preparation

- 1 1. Wash the fish, dry thoroughly, and cut it into 1 1/2-inch pieces.
- 2 2. In a large skillet, sauté the onions in the oil over medium heat for about 15 minutes, until lightly browned.
- 3 3. Add the garlic, turmeric, tamarind, 1 of the chiles, and 1 teaspoon salt, and let the mixture bubble gently for a few minutes. Add the fish and simmer, uncovered, for 20 minutes, until the
- 4 fish is just cooked through. Stir often.
- 5 4. Fold in the cilantro and add salt to taste. Garnish with a few chile slices and serve the rest on the side.
- 6 Vegetarian Option
- 7 Substitute firm tofu for the fish. Before cooking, drain the tofu and press it under a heavy weight for 1 hour, to press out as much water as possible.

Cooks Note

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