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by Louisa Shafia

Spicy Tamarind Fish Stew (Ghaliyeh Mahi)

Ingredients

11/2 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 11/2-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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