

Fish Stew

- 2 tomatoes
- 1 tbsp brown sugar
- 1 tbsp olive oil
- 1 onion, sliced
- 1 carrot, peeled and grated
- 1 tbsp ginger, grated
- 3 cloves of garlic, grated
- 3/4 dried chillies
- 1 tbsp. ground cumin
- 1 tsp. paprika
- 1 tsp. turmeric
- 1 pint fish stock
- 1 1/2 tbsp. white vinegar
- 2 potatoes, I used 1 white and 1 sweet, chopped into chunks
- 30g coconut cream block
- 2 tbsp. desiccated coconut
- 500g fresh fish, I used a mix of salmon and hake. Cod is also good. Cut into chunks, I left the skin on but you can use skinless.
- Chopped flat leaf parsley for serving

Method

- Dice the tomatoes and sprinkle over the sugar, set aside.
- Using a deep sided frying pan/ sauté pan heat the olive oil and cook the onions and carrots until soft, add the ginger and garlic cook for 2 minutes more.
- Add the cumin, paprika, turmeric and stir. Season really well with salt and pepper.
- Pour in the stock, add the vinegar. Scrape in the tomatoes and all of the sugar juices.
- Add the coconut block and let this dissolve, then chuck in the potatoes and cook until softened.
- Once soft, add the desiccated coconut and stir. Then add the fish evenly in the pan, at this point you don't want to stir again as the fish will break.
- Cook the fish for around 5-8 minutes.
- Once the fish is cooked serve straight from the pan, sprinkle over fresh parsley and eat with crusty bread.