

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Brown Fish Stew

Dis Crazy Jamaican Mon I Met...

Mahi-mahi; the fish so good they named it twice. This recipe doubles nicely, but be sure the extra guests bring their own bloody beer; you're using yours on the fish...

*3-4 bottles Red Stripe dark beer
2 large onions
1 orange Scotch Bonnet chile (or Red Savina)
4 Tbsp (½ stick) unsalted butter
2 lb mahi-mahi steaks (or mackerel, snapper)
1 Tbsp all-purpose flour
1 green bell pepper, diced
salt and freshly ground black pepper*

Open 1 bottle beer and apply liberally to parch throat of cook. Cut one onion in thick slices, and the other in thin slices; set aside. Seed and mince the chile. (Wear gloves, and wash tongue frequently with beer.) Set aside.

In a large skillet or Dutch oven, melt 2 Tbsp butter over medium-high heat. Cook fish steaks on both sides until lightly brown, about 4 minutes. Turn the fish only once! Drain fish on a rack.

Melt remaining butter in skillet and add onions. As they cook, sprinkle in the flour and stir until the onions are golden, about 15 minutes. Work the rings apart as you stir. Add 1 bottle beer (you did save 1, yes?), chile, bell pepper and seasonings. Add fish; turn heat to low and simmer, covered, occasionally basting fish steaks with sauce (and the cook with more beer), until fish is done through and the sauce is like a gravy. Add a bit of water if the gravy is too thick. (You wouldn't use the last of the beer, right?)

Yield: About six servings (of fish, not beer)

Preparation time: 20 minutes

Cooking time: 50 minutes

