

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Intense Creole Fish Stew

Habañero chiles are a part the Caribbean Creole tradition, and they've even migrated their way into Louisiana and elsewhere. Use caution, and enjoy!

*2 whole red snapper
2 Tbsp Creole or Cajun seasoning
2 Tbsp cider vinegar
2 Tbsp vegetable oil
1 Tbsp butter
1 onion, minced
3 fresh tomatoes, peeled, chopped
2 tsp minced garlic
2 fresh thyme sprigs*

*2 cup fish stock or water
½ tsp fresh-ground cinnamon
1 Habañero chile, minced
all-purpose flour, for dredging
peanut oil, for frying
1 red bell pepper, seeded, chopped
1 green bell pepper, seeded, chopped
salt, to taste
herb sprigs, garnish*

Prepare fish, then cut into 1 inch slices. Place fish in a glass baking dish and sprinkle with spice seasoning and vinegar. Turn to coat. Cover and marinate in the fridge for 2 hours, up to overnight.

Heat vegetable oil and butter in a large frying pan and sauté the onion for 4-5 minutes, until soft. Add tomatoes, garlic and thyme and simmer for about 5 minutes. Stir in stock or water, cinnamon and chile. Set to simmer while you finish the fish.

Place a little flour on a large plate (a pie plate works well). Dredge fish pieces to coat; shake off excess flour. Heat a little oil in a large frying pan and fry the fish, in batches, for about 4-5 minutes per side or until golden brown. Add the fish and the bell pepper pieces to the sauce and simmer until the fish is cooked through and the sauce thickens a bit, usually no more than 10 minutes more. Season to taste with salt and serve hot.

Yield: Four to six servings

Preparation time: 20-30 minutes

Cooking time: 40 minutes or so

