

Stewed Fish

Recipe courtesy of Chef Créole.

Cook time: 45 minutes
Serves 2

Ingredients

40 oz water, divided
2 tablespoons sea salt
1 lime, divided (1 oz juice)
1/2 sour orange (1 oz juice)
1-pound whole snapper fillet
(any fish in the snapper family)
2 tablespoons seasoned salt
1 oz vegetable oil
1/2 chopped plum tomato
1/4 sliced yellow onion
1/5 sliced green bell pepper
Pinch of black pepper
2 cloves chopped fresh garlic
1 tablespoon tomato paste

1/2 stick salted butter
1 tablespoon salt
1 teaspoon brown sugar
1 tablespoon garlic powder
1/2 teaspoon cayenne pepper
1 teaspoon hot paprika
2 stems curly parsley
2 stems fresh thyme
2 whole cloves
1/4 chopped Scotch bonnet pepper
1 oz chopped celery
1 medium carrot, circular sliced
1/5 sliced red bell pepper
1/5 sliced yellow bell pepper

Steps

1. Mix in large bowl: 16 oz water, salt, one-half lime juice, and sour orange juice. Rub both sides of fish with mixture, then allow to sit in the bowl for 3 minutes. Drain water away and rinse fish, then sprinkle fish inside and out with seasoned salt.
2. Over medium heat, place oil in large sauté pan. Add tomatoes, onions, green peppers, fresh garlic, black pepper, and tomato paste, stirring together. Allow mixture to cook for 3 minutes.
3. Pour remaining 24 oz water into pan, then add butter, salt, sugar, garlic powder, cayenne pepper, paprika, parsley, thyme, cloves, Scotch bonnet pepper, carrots, and celery. Place fish in pan, cover, and cook 7–8 minutes on each side until fish is 145°F. (If using fillets of snapper, cut fish cook time to 2 minutes each side.)
4. Add red and yellow peppers as garnish, then squeeze juice from remaining half lime into sauce to enhance flavor.

