

North African Fish Stew

Recipe provided by Charles Coe

(Total time, 50 minutes. Serves six)

Just about every culture has some version of a fish stew with tomatoes; the main variations come from which vegetables and spices are included. This particular stew features spices commonly used in North Africa, such as cumin, coriander and cinnamon. I

This recipe calls for monkfish, which has a firm texture that holds up well during cooking.

Ingredients

1/4 cup olive oil
1/4 cup golden raisins
1 green pepper, chopped
1 medium white onion, chopped
1 22 oz. can diced tomatoes
1 1/2 cup chicken stock
8 oz. clam broth
1 1/2 pounds monkfish filet, cut into 1/2-inch cubes
1/2 teaspoon cinnamon
1/2 teaspoon cumin
1/2 teaspoon ground ginger
1/4 teaspoon ground allspice
4 buds chopped garlic
1/4 cup fresh coriander
pinch of red pepper flakes
salt and pepper to taste

Combine tomatoes and stock in medium-sized soup or stock pot and bring to simmer over moderate heat.

Heat oil in large skillet. Add onion and peppers and cook over moderate heat, stirring, for six minutes. Add garlic and raisins and cook for two more minutes.

Add to tomato/stock mixture, bring to simmer, add cinnamon, cumin, ginger, allspice and red pepper flakes and cook ten minutes.

Add fish, cover and cook for ten minutes.

Adjust spices and add salt and pepper to taste.