



# Sierra Leonean Fish Stew

## INGREDIENTS

3 SEA BASS FILLET IN 2" PIECES - 4 TABLESPOONS EXTRA VIRGIN OLIVE OIL - 1 LARGE ONION - 2-3 CLOVES GARLIC - 1 RED BELL PEPPER - 2 TABLESPOONS TOMATO PUREE - A MUG OF GOOD QUALITY CHICKEN BROTH - A FEW SPRIGS BASIL AND THYME - 10-12 PLUM TOMATOES - 1 TEASPOON SALT - ½ A TEASPOON BLACK PEPPER - 2 TEASPOONS GARLIC POWDER ONE SCOTCH BONNET PEPPER (DICED - OPTIONAL)

## INSTRUCTIONS

1. CUT THE ONION AND BELL PEPPER INTO LARGE QUARTERS AND IN A FOOD PROCESSOR, PULSE THE GARLIC, ONION AND BELL PEPPERS UNTIL FINELY CHOPPED

2. SEASON THE SEA BASS WITH SALT, GARLIC POWDER, AND PAPRIKA AND IN A LARGE PAN, PAN-FRY THE CHOPPED SEA BASS IN THE OLIVE OIL UNTIL NICELY BROWNED (APPROX 10 MINUTES) AND STILL TENDER, THEN MOVE TO A SEPARATE DISH RESERVED FOR LATER

3. IN THE SAME PAN, ADD THE PULSED GARLIC, ONION AND BELL PEPPER MIXTURE AND STIR FRY FOR 5 MINUTES WITH THE BROWNED BITS FROM THE FISH. THEN ADD THE TOMATO PUREE AND SLOWLY ADD IN THE MUG OF CHICKEN

BROTH, ADJUSTING TO TASTE, TO CREATE YOUR SAUCE. ADD IN THE FRESH PLUM TOMATOES AND COOK FOR 5 MINUTES

4. PLACE THE PAN FRIED SEA BASS GENTLY BACK IN THE PAN. ADD SALT, BLACK PEPPER AND GARLIC POWDER TO TASTE. STIR GENTLY AND ALLOW TO SIMMER FOR ANOTHER 10 MINUTES. ADD IN THE FRESH THYME AND BASIL. FOR HEAT AND TO INTENSIFY THE FAVOUR, YOU CAN NOW ADD THE DICED SCOTCH BONNET AND SIMMER FOR ANOTHER 5 MINUTES

5. SERVE WARM OVER STEAMED JASMINE RICE OR COUSCOUS

