

Spicy Fish Stew Recipe

Ingredients:

2 teaspoon ginger juice
1 teaspoon salt
1 teaspoon ground white pepper
1 red snapper or cod, medium-sized, cut into large pieces
30 g courgette (zucchini), cut into 2-cm squares
30 g carrot, cut into 2-cm squares
1 red chili, sliced
2 small stalks chrysanthemum leaves, cut into 3-cm lengths (optional)

Stock:

30 g dried anchovies
10 x 10-cm piece dried kelp
100 g white radish
100 g onion
2.5 litres water

Seasonings:

2 tablespoons red chili paste
1 tablespoon chili powder
1 tablespoon crushed garlic
1 teaspoon salt
1 teaspoon ground white pepper
1 teaspoon sugar

Method:

Prepare stock. Combine stock ingredients and cook over medium heat for 40 minutes. Strain stock and discard solids. Sprinkle ginger juice, salt and pepper over fish. Leave for 30 minutes. Combine seasoning ingredients and mix well. Return stock to the boil and add courgette, carrot, chili, fish and seasonings. Cook for 10 minutes. Serve hot with chrysanthemum leaves (if using) added just before serving to avoid it from wilting.