

EDIBLE PAINT

Recipe For
June 2016

PAINTED FISH STEW (MOJICA DE PINTADO)

PREP TIME: 30 MINUTES
COOK TIME: 30 MINUTES
YIELD: 6 SERVINGS

INGREDIENTS

2 lbs. painted fish, cleaned, fat trimmed	10.5 oz. cassava, cubed and boiled (see Note)
3 garlic cloves	8 cups boiling water
1 lemon, juiced	Bunch of chives, chopped, plus extra to garnish
Salt and black pepper	Bunch of coriander, chopped, plus extra to garnish
2 tbsp oil	
2 onions, chopped	
3 tomatoes, seeded and chopped	
1 green pepper, seeds and membranes removed	

DIRECTIONS

Cut fish into large cubes and place in a bowl. Season with garlic, lemon juice, salt and black pepper.

Heat oil in a large saucepan over medium. Cook the onion, tomato and green pepper for 4 minutes or until tender. Add cassava and half of the water. Cover and cook for 5 minutes or until cassava is cooked through. Add fish and a little more water and simmer for about 15 minutes.

Remove from heat and add chives and coriander. Season with salt. Garnish with extra herbs and serve.

NOTES

Cassava is a native South American plant. If you cannot find it fresh, you can buy it frozen from Asian grocers.



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