

## King Fish Stew

4 King Fish steaks about 3 lbs  
Juice of 1 lime  
½ tsp ground cumin  
½ tsp chili powder  
¼ tsp turmeric  
½ tsp black pepper  
1 ½ tsp salt  
3 cloves garlic, crushed  
1 tsp ginger, finely grated  
3 roma tomatoes, diced  
1 medium onion, thinly sliced  
1 tbsp canola oil  
1 tsp tomato paste  
1 cup water  
1 tsp white vinegar  
1 tbsp butter  
7 sprigs thyme  
1 hot pepper, seeds removed  
Chopped cilantro and lime to garnish



HOW TO MAKE JAMAICAN STYLE SLICE  
KING FISH RECIPE 2017

Place fish in a large bowl and add the juice of a lime, then fill with water so that it covers the fish. Let the fish sit for 10 minutes. Drain the fish then pat dry. In a small container mix cumin, turmeric, chili powder, black pepper and ½ tsp salt, then sprinkle on both sides of the fish. Place a heavy bottom stew pot over high heat. Add oil, when oil is hot add fish and brown both sides, about 3 minutes per side. Remove fish and place in a plate.

Add butter, onions, tomatoes, tomato paste, garlic and ginger and cook until the vegetables soften, about 5 minutes. Next water, thyme, pepper, remaining salt and vinegar then bring to a boil and allow to simmer for a few minutes. Carefully add fish back to the pot and cover. Lower heat to medium low and allow to cook for about 10-12 minutes. Remove from heat and garnish with a splash of lime juice and freshly chopped cilantro. Serve with rice.

Jamaican King Fish