

Tunisian Spicy Fish

Chraimeh

Tender fish simmered in a bold tomato, garlic, paprika and chili sauce



YIELD
4 servings

TOTAL TIME
25-30 minutes

DIFFICULTY
Easy

Ingredients

- 1/3 cup corn, safflower or mild olive oil, plus more for frying
- 12 garlic cloves, chopped
- 2 Tbsp paprika
- 1 tsp caraway seeds
- Chili pepper flakes, to taste
- Kosher salt
- 3 Tbsp tomato paste
- 1 tsp sugar
- 1 1/3 cups room-temperature water
- 4 fish steaks or fillets, such as salmon, tilapia or red snapper
- 1/2 tsp white pepper
- 4 Serrano peppers, optional
- 1 lemon
- 1/4 cup chopped cilantro

FISH NOTE

Choose a firm fish so the portions hold together while simmering in the sauce.

How to Make Chraimeh

Use a wide pan so all four fish portions can cook in a single layer.

1

Build the sauce

Set a wide pan over medium heat. Add the 1/3 cup oil. When hot, add the garlic and cook, stirring often, until translucent, about 2 minutes. Stir in the paprika, caraway seeds, chili flakes and 1 1/2 teaspoons kosher salt; cook 1 minute. Mix in the tomato paste and cook 1 minute more.

2

Simmer

Pour in the water and stir well. Bring the sauce to a boil, cover the pan, lower the heat and simmer gently for 5 minutes.

3

Cook the fish

Arrange the fish in one layer. Season lightly with kosher salt and the white pepper, then spoon some sauce over each piece. Cover and simmer over low heat for 10-15 minutes, or until the fish is opaque and flakes easily. Remove from the heat and let it stand, covered, for 5 minutes.

4

Finish and serve

While the fish cooks, heat a little oil in a small pan over medium-high heat. Fry the whole Serrano peppers, if using, until tender and lightly charred. Plate the fish with plenty of sauce, drizzle with lemon juice and sprinkle with cilantro. Serve one Serrano pepper alongside each portion.

Serving suggestion

Bring the pan to the table with warm challah, crusty bread, couscous or rice to soak up the spicy tomato sauce.