

A fish soup-stew with authentic African flavor from the beautiful islands. Freely adapted from Joy of Cooking and more authentic online recipes. Okra, coconut milk and real fresh green chile are essential. Dec '07

Saute med.-high heat 1/4 lb. premium thick sliced bacon, cut in pieces 1/2in. across, till bacon just starts rendering, stir.

Add large onion (1-2C), sliced and cut coarse chunks, stir, saute briefly.

Add 3-4C diced sweet potatoes (or ripe plaintain), stir. Continue saute, about 5 mins till onions half-cooked (stir, don't brown onions or crisp bacon!)

Add 2 cloves garlic coarse chopped (2T) and 3-5 small hot green chiles, halved, cored and sliced thin (2-3T). Stir.

Saute briefly with chiles and garlic. Stir.

Add prepared weak boullion (4C water with 3C equiv chicken boullion paste). Turn up heat.

Add 2-3T ginger juice or pulp.

Add 1 can diced okra (14.5 oz, 2C). (Use fresh veggies in season.)

Add 2C canned Italian plum tomatoes, sliced with puree. (Use fresh in season.)

Add 1 can (14 fl.oz., 2C) Thai coconut milk.

Bring to boil, stir and lower heat, simmer about 15 mins. till potatoes fork test.

Add 1+lb. white fish cut up 1-1/2in. chunks (haddock, cod, red snapper or any firm tropical fish).

(Optional) 3/4 lb. shelled and deveined uncooked medium-large shrimp. Bring to boil, then low simmer 5 min. (Cod and haddock will break up, firmer fish just cooks through.)

Add 10oz-1lb. package fresh curly spinach, not cut up (Callaloo is a Caribbean leafy green vegetable.), return to simmer.

Add juice 2 limes (1/2C), stir and serve.

This soup is hearty enough for a complete meal. Add cooked white rice (korean-style) to individual portions. Keeps in fridge for 3 days. Reheat gently. Do not freeze.

Serve with Virginia Eastern Shore dry steel chardonnay or New Zealand Sauvignon Blanc.