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NIGERIAN FRIED FISH STEW

RECIPE BY BENJAMIN AKANDE, SUBMITTED BY JOE STEENSMA

Ingredients

- 3 red bell peppers
- 3 scotch bonnet peppers
- 4 plum tomatoes
- 1 large onion
- 1 small onion, chopped
- 1.5 kg/3.3 lb hake or mackerel, gutted and cut into portion of choice
- 1.5 cu vegetable oil
- 2 stock cubes
- salt

Notes

- Long red peppers can be used instead of bell peppers
- Habanero peppers can be used instead of scotch bonnets
- If you prefer, you can use more oil to fry the stew and decant after cooking.

Cooking Procedures

1. Blend together the peppers, tomatoes, and large onion. Set aside.
2. Clean and season the fish with a stock cube and salt.
3. Heat half of the vegetable oil in a pot or frying pan. When the oil is heated, add the seasoned fish and fry until golden brown.
4. Heat the remaining vegetable oil in a different pot. Add the chopped small onion and sauté for 2 minutes.
5. Add the blended vegetables, the remaining stock cube, and salt to taste. Cook for 15-20 minutes.
6. Add the fried fish and cook the stew for another 5-10 minutes. Then remove from heat.
7. Serve with rice, plantain, swallow, or any food of choice.