

FISH STEAKS WITH CHILLI

By Patrice



Preparation : 15 min - **Resting :** 15 min - **Cooking :** 5 min - **Equipment :** -

Ingredients : 4

- 5 dried red chillies, cored and deseeded - 1/2 small red pepper, chopped - 5 shallots, chopped - 4 cloves garlic, chopped - 4 tablespoons vegetable oil - 450 g fish steaks (cod, monkfish, salmon, or snapper)
 - fresh coriander sprigs, to garnish - rice and lime juice, to serve
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1. Put chillies in the food processor. Pour 4 tablespoons hot water over and leave until softened. Add red pepper (capsicum), shallots and garlic. Mix to a coarse paste.

2. In a frying pan (skillet) over medium heat, heat 2 tablespoons oil. Add fish and fry until lightly browned on both sides and almost, but not quite, cooked through. Using a fish slice, transfer to paper towels to drain.

3. Add remaining oil to pan. Add chilli paste and cook over medium-high heat for about 3 minutes until paste looks dryish. Stir in 2 tablespoons water. Lower heat, return fish to pan and baste with chilli paste. Cook gently for 1-2 minutes, basting with paste. Garnish with coriander (cilantro), and serve with rice and with plenty of lime juice squeezed over

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Pâtissier Multifunction ■

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