

FISH SANCOCHO

By chef **Dominique Oudin**, Santa Clara Hotel – in Carthagène

(Traditional Colombian fish Soup)

Serves 4

Ingredients

400 gr	fresh lean fish like sea bass
250 gr	cassava
200 gr	yam
½ cob	corn
½	plantain banana
1 spoonful	annatto oil
½	white onion
½	red pepper deseeded and peeled
1	capsicum
5 grains	Jamaican pepper
250 ml	coconut milk
1 litre	fish or vegetable stock
1 spoonful	Nuoc-mam
20 gr	fresh coriander
1	avocado
2	limes
	salt and pepper

Peel the cassava and yam and cut into small cubes of around 2 cm. Clean the corn cob and cut into slices of 1.5 cm. Peel the plantain and cut into 1cm slices. Cook the vegetables together in salty water until tender.

Cut the onion, capsicum and red pepper into small cubes.

In a pan, add a drizzle of oil of annatto and fry the onion until brown, add the capsicum and the red pepper and add a pinch of salt, cover and leave to stew.

Add the fish, cut into cubes, the cooked vegetables and a pinch of salt.

Stir gently to mix it all together.

Add the coconut milk and cover with the fish stock or water (if stock is not available). Add the Jamaican pepper and leave to simmer for 2 or 3 minutes until the fish is cooked. Finish by adding the sauce Nuoc-mâm and the coriander chopped finely. Season as necessary.

Serve the fish Sancocho hot with a serving of avocado cut into cubes or slices and quarters of lime.

ENJOY !!

