



Moroccan Fish Stew

By Mahjouba Ezzammoury

Ingredients

4 tablespoons extra virgin olive oil
 1 onion, cut into thin rounds
 2 peppers, cut into small strips
 4 garlic cloves
 juice of one lemon
 1 cup water
 3 medium sized potatoes, peeled and cut into thin rounds
 20 pitted kalamata olives
 1 cup fresh parsley, chopped
 ½ cup fresh cilantro, chopped
 1 Tablespoon paprika powder
 Pinch of cayenne or other hot pepper
 1 Tablespoon cumin
 1 teaspoon salt
 1 pound mackerel or other white fish without bones

Instructions

1. In a Dutch oven or thick bottomed pot with a cover, sauté onions, garlic and peppers in 4 Tablespoons olive oil for a few minutes until soft.
2. Add potatoes, lemon juice and 1 cup of water. Bring to a boil and then simmer for about 5 minutes, stirring occasionally.
3. Add olives, spices, parsley and cilantro. Cover and simmer for 10 minutes.
4. Add fish and cook covered on simmer, stirring occasionally, until potatoes are soft and fish is done (about 20 minutes).

Serves 4