

# Coconut Curry Fish Stew with Carrots and Fennel

Author: Adapted from Padma Lakshmi (in an old Food & Wine magazine)



Notes: *Make Ahead:* The coconut-curry broth can be kept at room temperature for up to 4 hours.

24 ounces mahimahi filets, or fillet of sole (4 large pieces)  
 1/4 cup fresh lemon juice  
 Salt  
 1/4 cup vegetable oil  
 4 whole garlic cloves, peeled  
 2 large shallots, thinly sliced (1 cup)  
 4 small red chili flakes (dried)  
 6 whole fresh curry leaves (optional)  
 1 tablespoon minced fresh ginger  
 4 whole kaffir lime leaves (optional)  
 1/2 large fennel bulb, halved, cored and cut into 1-inch pieces (4 cups)  
 2 cups carrots, cut into 1-inch pieces  
 1/2 teaspoon Madras curry powder  
 15 fluid ounces coconut milk, unsweetened  
 1/2 cup chicken broth  
 1/2 cup cilantro, chopped, for garnish  
 1/2 cup green beans, chopped in 1-inch pieces (optional)

1. Put the mahimahi fillets in a large, shallow dish. Pour the lemon juice over the fish and season lightly with salt. Cover and refrigerate for 30 minutes.
2. In a very large enameled cast-iron casserole, heat the oil. Add the garlic cloves and cook over moderately high heat until sizzling, about 2 minutes. Add the shallots and cook over moderate heat, stirring until softened, about 3 minutes. Add the chiles and curry leaves and cook for 2 minutes. Add the ginger and lime leaves and cook for 2 minutes. Add the fennel, carrots and curry powder and season lightly with salt. Cover and cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes. Add the green beans and coconut milk and bring to a boil. Cover and cook over low heat, stirring a few times, until the carrots and green beans are tender, about 10 minutes.
3. Add the mahimahi and any accumulated juices to the casserole, nestling the fish into the stew. Cover and simmer over low heat, shifting the fish a few times, until it is just cooked, about 15 minutes (less time if using sole, as it's much thinner). Transfer the fillets to a large, deep platter. Pour the sauce over and around the fish. Garnish with the cilantro and serve.

*Serving Ideas:* Serve as a soup, or with some rice underneath. Padma always makes extra portions of this so she can reheat it the next day and eat it over noodles.

Per Serving (excluding unknown items): 605 Calories; 43g Fat (62.0% calories from fat); 38g Protein; 22g Carbohydrate; 6g Dietary Fiber; 82mg Cholesterol; 299mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 1/2 Fruit; 8 Fat.

Carolyn T's Tasting Spoons blog:  
<http://tastingspoons.com>