



Caribbean Fish Soup

Oscar · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

2 hrs 5 mins

Description

Homemade fish broth makes this healthy soup very tasty I always loved this dish while growing up in the Caribbean To my surprise it turned out to be a good warmup drink too Long story short as I waited for a bus on a freezing and windy winter evening in NYC I noticed a West Indian restaurant across the street I ran in to get a cup of coffee or tea the last thing on my mind was a bowl of soup They were about to close and they only had fish soup I took a small cup and went back to the bus stop It warmed me up and reached such a good place inside me that I ran back for more

Ingredients

- - 2 pounds whole fish
- scaled and cleaned
- or more to taste - 1 lemon
- juiced - 8 cups water - 4 green bananas
- chopped - 1 pound pumpkin
- cut into 1-inch pieces
- or more to taste - 2 potatoes
- chopped - 2 ears corn
- cut into 1-inch pieces - 4 ounces carrots
- cut into 1/2-inch pieces - ½ cup chopped okra - 4 scallions
- chopped - 1 hot chile pepper - 2 cloves garlic
- chopped - 1 teaspoon salt - 1 teaspoon ground black pepper - 4 sprigs fresh thyme
- leaves stripped

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Rinse fish with lemon juice; drain. Dotdash Meredith Food Studios Bring water to a boil in a large pot. Add fish; reduce to a simmer and cook until soft
2. about 30 minutes. Use a slotted spoon to remove fish to a plate
3. reserving broth in the pot. Let fish cool; remove bones
4. keeping large pieces of flesh intact. Dotdash Meredith Food Studios Bring broth to a boil. Add green bananas
5. pumpkin
6. potatoes
7. corn
8. carrots
9. okra
10. scallions
11. chile pepper
12. garlic
13. salt
14. black pepper
15. and thyme. Return to a boil. Reduce heat to low and simmer until potatoes are almost tender
16. about 10 minutes. Dotdash Meredith Food Studios Stir in fish pieces and simmer until flavors combine
17. about 5 minutes more. Dotdash Meredith Food Studios Remove soup from heat and let stand before serving
18. about 30 minutes. Discard chile pepper. Dotdash Meredith Food Studios Recipe Tips You can slit the chile pepper before adding if you prefer more heat. When reheating leftovers
19. do not boil; it will break down the fish.