

Turkish Fish Stew

Savannah · 30/09/2024

**Prep Time**

45 mins

Difficult

Medium

Servings

4

Description

A nontraditional variant of Turkish fish stew that blends various other Mediterranean influences

Ingredients

- - 3 cups water - 1 ½ cups dry couscous - 2 tablespoons olive oil - 1 small white onion
- chopped - 1 green bell pepper
- chopped - 2 cloves garlic
- minced - 1 cup marinated artichoke hearts
- liquid reserved - 2 teaspoons capers
- liquid reserved - 12 small green olives - 1 (14.5 ounce) can chopped stewed tomatoes
- drained - 2 tablespoons white wine (Optional) - 1 tablespoon lemon juice - 1 cup water - 2 teaspoons sumac powder - 1 ½ teaspoons crushed red pepper flakes - 1 teaspoon dried basil - 1 teaspoon cumin - 1 teaspoon minced fresh ginger root - ground black pepper to taste - 1 pound tilapia fillets
- cut into chunks

Instructions

1. In a medium saucepan
2. bring 3 cups water to a boil and stir in couscous. Remove from heat
3. cover
4. and let sit 5 minutes. Heat olive oil in a skillet over medium heat
5. and sauté onion and green pepper about 5 minutes
6. until tender. Mix in garlic
7. and continue to cook and stir
8. about 2 minutes. Mix in artichoke hearts with reserved liquid
9. capers with reserved liquid
10. and olives. Stir in tomatoes
11. wine
12. lemon juice
13. and 1 cup water (or enough to attain desired thickness). Season with sumac powder
14. red pepper
15. basil
16. cumin
17. ginger
18. and pepper. Bring mixture to a boil and mix in fish chunks. Reduce heat and simmer 10 minutes
19. or until fish is easily flaked with a fork. Serve over couscous. Tips You can use cod
20. scrod
21. or any other mild white fish in place of the tilapia.