



CHRAIME

SPICY FISH STEW WITH TOMATOES

Introduction

Chraime is a spicy fish stew with tomatoes. The name of the dish comes from the Arabic word “spicy/hot” and is a popular Jewish recipe of Sephardic cuisine prepared for Sabbath and Pesach. This is a quick, easy and tasty dish. The spiciness can be adjusted.

INGREDIENTS

- 60 ml (2,03 us fl oz) of vegetable oil
- 1 large-sized onion, halved at the base and thinly sliced
- 1 red pepper, cut into 1.25 cm (0,5 inches) pieces
- 8 garlic cloves, thinly sliced
- 2 teaspoons of sweet paprika
- 2 teaspoons of ground cumin
- 1 teaspoon of smoked paprika
- ½ teaspoon of ground turmeric
- ½ teaspoon of flaked paprika
- approx. 400 g (14,1 oz) canned sliced tomatoes
- 4 tablespoons of tomato paste (puree)
- 1 teaspoon of sugar
- 1 bay leaf
- 1½ teaspoon of coarse salt, plus more if needed
- ¼ teaspoon of freshly ground black pepper
- 4 (approx. 200 g each/7,05 oz each) drained salmon or halibut fillets
- finely chopped fresh coriander and lemon wedges (to serve)

Preparation method

• Step 1

Heat the oil in a large frying pan. Add onion, pepper, garlic and fry while stirring, for approx. 10-15 minutes. Add sweet and smoked paprika, cumin, turmeric, paprika flakes and fry for approx. 1 minute. Mix with tomatoes, 1¼ cup of water, tomato paste, sugar, bay leaf, salt and black pepper. Bring

to a boil, then reduce the heat and cook for approx. 5 minutes. Season to taste.

- **Step 2**

Dip the fish fillets in the sauce. Cover and simmer for approx. 20 minutes.

- **Step 3**

Take the pan off the heat, get rid of the bay leaf and serve directly from the pan (or put the fillets to a platter and pour the sauce over them), with lemon wedges and sprinkled with coriander.

Smacznego!