

## **Khreime – North African Fish Stew**

Adapted from Janna Gur

This is a famous, North African Sephardic dish with a zesty sauce that is served at Shabbat and Yom Tov tables.

½ cup olive oil  
2 medium white onions, thinly sliced  
10 garlic cloves, peeled and halved  
2 red peppers, seeds removed, and sliced into eighths  
1 to 2 fresh red or green chile peppers, halved, seeded and chopped  
1 cup fresh cilantro, coarsely chopped  
1 cup fresh parsley, coarsely chopped  
2 Tablespoons sweet paprika  
Salt to taste  
1 teaspoon or Tablespoon of Middle Eastern spice mix, such as hawayej or harissa (optional)  
2 cups water  
Six 4-ounce pieces of grouper, halibut, snapper or salmon filets  
1 lemon, cut into wedges

1. Heat the olive oil in a large wide pan. Saute the onions over low-medium heat for about five minutes. Add the garlic, bell peppers and fresh chiles and saute for 2 minutes. Add the cilantro, parsley, paprika, and salt and saute for a couple more minutes, stirring occasionally. Pour in the water and bring to a simmer.
2. Cover and cook for 20 minutes. Remove the lid and cook for another 5 to 10 minutes, until the sauce thickens. Taste and adjust the seasoning.
3. Carefully add the fish fillets, skin up, and cover with sauce. Cover the pot and simmer gently for about 8 to 10 minutes, or a bit more if needed. Turn off the heat and let stand, covered, for about 20 minutes before serving. Serve with lemon wedges over couscous or rice or with thick slices of bread to mop up the sauce.

### Variation

To make the fish even more flavorful, marinate it briefly: Combine 1/3 cup olive oil with 2 Tablespoons fresh lemon juice and 1 Tablespoon paprika. Brush the fish fillets with the mixture and let marinate for 15 minutes. Add to the sauce as directed in recipe.

## **Hawayej Spice Mix**

Adapted from Yotam Ottolenghi

1 teaspoon black peppercorns  
1 teaspoon coriander seeds  
1½ teaspoons cumin seeds  
4 whole cloves  
½ teaspoon ground cardamom  
1½ teaspoons ground turmeric

Place the peppercorn, coriander, cumin and cloves in a spice grinder and work until finely ground. Add the ground cardamom and turmeric, stir well and store.

