



Fish Cooked in Spicy Coconut Sauce with Bok Choy

By Judith Friedman

This stovetop braise has fish cooked in a luscious spiced coconut milk sauce. You need only to add some rice to this dish to turn it into a complete meal. Remove the fish from the refrigerator while you prep your ingredients so that it is room temperature when it goes into the pan.

4 servings

Prep Time: 20 minutes

Cook Time: 25 minutes

Ingredients

- 3 heads bok choy, washed, cut vertically into quarters (or 1 head large baby bok choy, cut in large pieces)
- 2 teaspoons coconut or canola oil
- 1 large onion, thinly sliced
- 3 garlic cloves, minced
- 1 teaspoon peeled and minced fresh ginger
- 1 1/2 teaspoons garam masala
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground coriander
- 1 teaspoon salt
- 1/8 teaspoon cayenne
- 1 whole jalapeno, split down the middle
- 2 plum tomatoes, seeded and small diced
- 1 14-ounce can unsweetened coconut milk
- 4 6-ounce firm white fish fillets
- juice of 1/2 lime
- 2 tablespoons minced cilantro



Photo: Lori Eanes Photography

Instructions

Blanch the bok choy in a pot of boiling, salted water for 2 minutes. Plunge the bok choy into ice water or run cold water to stop the cooking. Drain and set aside.

Heat large skillet or sauté pan over medium heat about 1 minute. Add the oil, onion, garlic, and ginger, and sauté until onion turns translucent, about 5 minutes.

Add the garam marsala, turmeric, coriander, cayenne pepper and salt and stir for about 2 minutes. Add tomatoes and cook for another 2 minutes; add the jalapeno.

Stir in the coconut milk and bring to a boil. Let boil to reduce slightly for about 3 minutes.

Lay the fish in the pan and spoon the sauce over fish so that the fillets are immersed in the liquid. Lower heat to a very gentle simmer, cover, and cook for about 10 minutes or until the fish is opaque.

Add the bok choy, and spoon sauce over it to warm. Stir in the lime juice. Taste, and add more salt and pepper if desired. Remove and discard the jalapeno. Serve hot, garnished with cilantro.

Tips

Note: Substitute the fish with 1 ½ pounds of shrimp or scallops. Note that they cook in half the time.