

Fish Stew with a Thai Twist



Servings: 6

If you'd rather use cilantro, eliminate the thyme and add the cilantro as a garnish. You could add some of the cilantro stems during the early cooking time, and remove them with the lemon grass. You may also use bacon instead of pancetta. And you can use reconstituted mushrooms rather than fresh if that's all you have on hand.

- 2 tablespoons olive oil
- 1/2 cup pancetta, chopped
- 1 large onion, peeled, chopped
- 2 cups celery, chopped
- 2 small leeks, trimmed, chopped
- 1/3 cup red bell pepper, chopped
- 1 whole garlic clove, minced
- 1 small jalapeno chile pepper, minced, optional
- 1/2 cup mushrooms, sliced
- 3 stalks lemon grass, trimmed, halved lengthwise
- 6 cups fish stock, or clam juice
- 14 ounces light coconut milk
- 1 cup half and half, or use fat-free
- 1/2 cup heavy cream
- 1 pound fish fillets, chopped in bite-sized pieces
- 1/2 cup fresh shrimp, chopped
- 1 teaspoon dried thyme

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

1. Warm the olive oil in a large stock pot, then add the pancetta. When it's just begun to brown, add the onion, celery and leeks. Saute for a few minutes, then add the garlic, jalapeno, mushrooms and lemon grass stalks. Lastly add the red bell pepper.
2. Add the fish stock and bring to a simmer, reduce heat and continue to bubble lightly for about 15 minutes. Remove lemon grass and discard.
3. Add the coconut milk, half and half and heavy cream and bring back to a simmer. Add the thyme, then gently add the fish chunks and gently bring back to a simmer. Allow to cook for just 3-5 minutes just BELOW a simmer. Serve.

Per Serving (excluding unknown items): 492 Calories; 29g Fat (54.9% calories from fat); 28g Protein; 25g Carbohydrate; 3g Dietary Fiber; 134mg Cholesterol; 901mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.