

Fish Soup

Ingredients from a pacific country like **Fiji**¹- coconut and fish.

Ingredients

1 kg white fish heads, tails, carcasses
1.5 litres water
10 ml salt
1 large onion
2 dried chilli peppers
2 **FAIRTRADE** lemons
400 ml coconut cream

Variation

Add 100gm prawns for interest.

Method

Preparation

Top, tail, peel and slice the onion.

Cooking

Heat the water in a large pan, and add the fish pieces, salt, onion, and chillis.

Add ground pepper to taste.

Once simmering, allow to simmer until the fish is cooked (30 minutes) roughly, longer if needed, skimming off any scum that forms.

Strain the soup and discard the fish etc.

Stir in the juice of one lemon, and the coconut cream and gently re-heat.

To serve

Slice the other lemon and float in the pot to serve.

¹<http://www.fairtradecookbook.org.uk/countries/fiji.htm>