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Lionfish Chowder

3-4 whole lionfish (approximately 3lb)
10 cups water
1 tbsp salt
3 tbsp olive oil
¼ lb onions, finely chopped
6 garlic cloves, minced
¼ lb carrots, finely chopped
3 green peppers, finely chopped
1 tsp curry powder
1 tbsp fresh thyme chopped
1 tbsp black pepper
2 tbsp Worcestershire sauce
1 bay leaf
3 fish bouillon cubes
1 cup Goslings Black Rum
4 tbsp sherry peppers
2 cans crushed tomatoes (14oz)
Salt and pepper to taste

Method

Remove outer spines and fins with poultry shears, rinse and filet fish. Reserve filet meat and add the fish racks to a pot, cover with water and add salt. Bring to the boil and simmer for 20mins. Remove from the heat and strain to separate the stock from the racks and reserve. Pick away from the racks any pockets of flesh meat, discard the racks.

Return the pot to the stove and add olive oil, sauté the onions, garlic, peppers, carrots until tender add spices and mix well, add the reserved fish stock from above and any of the picked meat. Add tomatoes, rum and sherry peppers and fish filets. Cook over a low heat for 45-mins to 1 hr. Break apart the filets into small pieces if the cooking process hasn't already achieved this. As with most soups and stews it will be better the following day, can be made in advanced and frozen if desired.

NB: This recipe can be adopted to accommodate any white fish, alternatively to using the racks you can omit that step and use additional filet meat achieve a similar product.

SERVES 6-8 Portions