

Fish casserole

Pisca stoba

4 servings

2 tablespoons butter
1 onion, thinly sliced and separated into rings
2 cloves garlic, crushed
1 green pepper, seeded and chopped
1 tomato, peeled, seeded and chopped
1 teaspoon salt
 Large pinch of saffron
1 cup water
4 small cooked potatoes, cubed
4 fish fillets (halibut, cod, red snapper)

Heat the butter in a casserole. Add the onion, garlic, green pepper and tomato and cook, stirring, 2 minutes. Add the salt, saffron and water and bring to a boil. Lower the heat, cover and simmer 30 minutes. Add the potatoes and fish and simmer 10 to 15 minutes, depending on the thickness of the fish fillets. Do not overcook the fish. Serve from the casserole.

From: Mexican Cooking: Including Latin American & Caribbean Recipes by Susan Bensusan. Published by Bay Books Sydney, 1978.