

Fish Poached in Coconut Milk and Orange Juice with Celery, Cucumber, and Curry Orange Relish

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Prep time 20 minutes

Cook time 15

#fabin40

INGREDIENTS:

Thaw, pat dry and season 4 small tilapia filets with salt and pepper and set aside to reach room temperature.

1 ½ C chicken stock, clear

Juice from one orange

½ can coconut milk

2 T butter

Salt and Pepper

Tortillas is desired

Sriracha sauce for garnish

RELISH:

½ large cucumber peeled and seeded and diced

3 small stalks celery diced

1 C cilantro, chopped

Sprinkling chili flakes

1 small jalapeno diced, no seeds

Juice from one medium, ripe orange

Zest from one medium ripe orange

Salt and pepper

¼ t curry powder

½ t coriander powder

1 T fine mild olive oil

1 garlic clove, optional, diced

1 generous sprinkling of fish sauce



Stir all ingredients together and set aside to meld. Heat a large pan and add the stock, juice and butter. When warm, add the coconut milk and stir. When lightly bubbling, gently lay the filets into the liquid. Let cook for about 3 to 4 minutes, until opaque. Take off the stove and cover. To plate lay the filet atop an open tortilla. Cover with a helping of the relish. Ladle some of the coconut milk on top. And then drizzle with Sriracha.

TIP for more flavorful fish – marinate for 3 hours in orange juice, 2 T tequila, some scallions and T of sugar. OR you can bread the fish, grill or deep fry and roll them into the tortilla for an powerful flavor combination for your next fish taco.

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