



Jamaican Fish Curry

Ingredients

- 4-6 fish fillets or chunks, cut to one inch thick, skin on
- (Cod, Pollock, Hake, Whitefish, Walleye, Grouper, Snapper, Salmon or any fish you like or a combination of fish)
- Kosher salt
- 1 tablespoon [Fustini's Chipotle olive oil](#)
- 1 cardamom pod
- 1 cinnamon stick
- 4-6 allspice berries
- 2-4 whole cloves
- 1 large white onion, diced
- 2 - 4 cloves garlic, sliced
- 1 slice of fresh ginger
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground cayenne
- 3 Roma tomatoes, peeled, seeded and chopped
- 1 sweet potato, peeled and cut into a small dice
- 2 cups seafood stock
- 1 tablespoon cream of coconut
- 1 bay leaf
- Drizzle [Fustini's Coconut balsamic](#) for garnish
- Chopped fresh cilantro

Directions

Step 1.

Season fish with salt and set aside. Heat **olive oil** in a large pot over moderate heat. When hot, add the cardamom pod, cinnamon stick, allspice berries, and whole cloves and sauté for 30 seconds. Add the onion, garlic and ginger slices and cook for 2 minutes, stirring constantly. Add the ground spices, tomatoes, sweet potatoes, seafood stock, cream of coconut, and bay leaf and bring to a simmer. Once simmering, cover and cook over low heat until sweet potatoes are almost cooked 6 to 8 minutes. Uncover, add the fish and stir gently. Cover and cook for 10 minutes.

Step 2.

Remove from heat and ladle some fish and potatoes into a service bowl and drizzle with more olive oil and chopped cilantro.