

Moroccan Fish Appetizer

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By Marissa Weitzman

Recipe courtesy of Rachel Tachvilian from Beit Shemesh, Israel.

Ingredients:

4 slices tuna or Nile perch (if available); 2-3 ripe tomatoes; salt (for marinating fish and for sauce); lemon juice; ¼ teaspoon turmeric; ½ teaspoon chicken-flavored (meatless/"pareve") soup mix; 2-3 cups boiled water, plus more boiled water if using tuna; handful of fresh coriander, chopped; 1 red pepper, cut into wide strips; 1 long chili pepper, preferably dry, cut into wide strips; 1 clove fresh garlic, peeled and chopped; about ¼ cup vegetable oil; and 1 tablespoon sweet red paprika.

Preparation:

Sprinkle salt and lemon juice over fish and let marinate for 30 minutes. In the meantime, prepare sauce by peeling the tomatoes and placing them in a wide pot. Add salt, turmeric, and soup mix and bring to a boil. Mash cooked tomatoes (can use a potato masher). Then add 2-3 cups boiled water to pot. Bring sauce to a simmer.

Rinse fish: if using tuna, rinse it first with boiling water and then with tap water; if using Nile perch, rinse it with tap water. Place fish in sauce in a single layer. Place chopped coriander, pepper strips and chopped garlic on top of fish. Bring fish to a boil. In the meantime, thoroughly combine the oil and sweet paprika in a separate dish and add this mixture to fish. After fish has boiled for 10 minutes, reduce flame to simmer. Simmer fish about another 30 minutes. Serve fish with sauce, hot or at room temperature.