

White Fish in Red Hot Spicy Sauce

- 1/4 c olive oil, plus 1-2 T
- 3 T flour
- 1 lb fish, seasoned with sea salt and pepper
- 10 cloves garlic, chopped
- 4 t paprika
- 2 T caraway seeds, briefly toasted, then ground
- 3 t ground cumin
- 1/2 t each cayenne pepper, cinnamon
- 1 green chile, coarsely chopped
- 6 T tomato paste and 1 1/3 cup of water
- 4 t honey
- sea salt and freshly ground black pepper
- 1/4 c lemon juice
- 2 T coarsely chopped herbs: cilantro, parsley or dill
- 1 lemon, quartered, as garnish (optional)

Make a paste by blending garlic, 1/4 cup of olive oil, paprika, caraway, cumin, cayenne pepper, cinnamon and chile in a processor.

Place the flour in a clean bag. Put the fish into the bag with the flour, one piece at a time. Hold the bag closed and shake to coat the fish in flour. Place the fish on a plate and repeat until all the fish is coated.

Heat a tablespoon of oil over medium-high heat in a large nonstick pan. Sear the fish for 1-2 minutes on each side. Remove the fish from the pan.

Heat a little olive oil in the same pan. Add the spicy paste and stir over medium-high for half a minute. Add the water and tomato paste. Turn the heat down to low and add honey, lemon juice, a teaspoon of salt and some pepper. Place fish into sauce and simmer, covered for 6 minutes. If needed,

cook a little longer until fish flakes, indicating that it is done. Allow it to cool. Serve warm, garnished with green herbs and a lemon wedge.

Serves 4. Serve with Challah or whole wheat couscous and a salad.

Jittery Cook