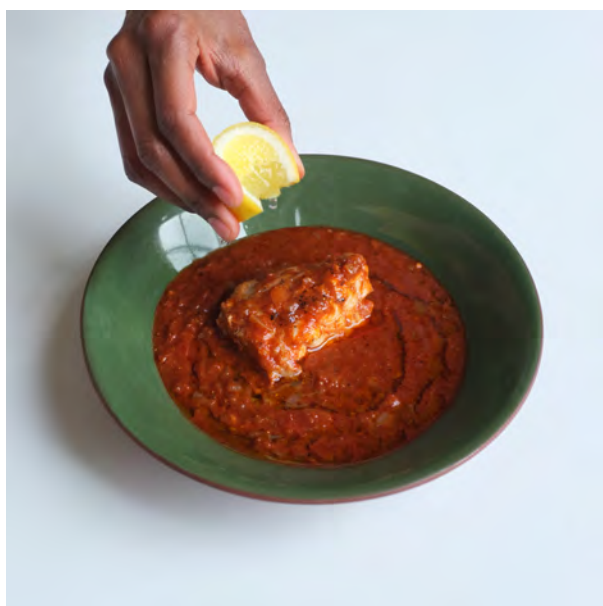




አሳ:ወጥ ASA WOT BERBERE SPICED FISH STEW

INGREDIENTS

500 grams of monkfish or any white fresh fish fillets of your choice, skinned, deboned from 'sustainable' sources
<i>(Traditionally this recipe uses catfish or tilapia)</i>
3 limes
A knob of ginger
3 medium sized onions
4 medium sized tomatoes
6 garlic cloves
4-6 tablespoons of authentic Berbere spice
<i>(depending on your spice level tolerance)</i>
5 tablespoons of cold-pressed rapeseed oil
<i>(or any healthy choice of oil with high smoking point that doesn't have an overwhelming flavour)</i>
Sea salt
Freshly ground black pepper



Serves 4	(as a main)
Preparation time:	5 mins
Cooking time:	45 mins (approx)

1. Boil a kettle (you'll need a splash of hot water during the cooking process).
2. In a saucepan boil the tomatoes until the skin becomes loose, meanwhile slice the monkfish in big chunks and put it in a bowl, then add some grated ginger, lime zest and the juice of one lime, sea salt and black pepper. Mix it well and put it in the fridge to marinate until you need to use it towards the end of the cooking process.
3. Peel and finely chop the onions.
4. Peel the garlic and remaining ginger, chop finely or blend them together in a spice blender or pestle and mortar.
5. In another saucepan add the oil, once warm add the onions, cook the onions on a medium-high heat for around 10 mins and add the ginger garlic blend.
6. Take out the boiled tomatoes removing the skin before chopping them finely or blend them in a blender. Once the onions have reduced down and soften add the tomatoes and cook for 5 mins.
7. Add the Berbere spice and cook for 20 mins stirring and adding a splash of hot water to prevent from burning.
8. Add the monkfish to the sauce, simmer until the fish is cooked for 10 mins.
9. Taste the salt and add more if needed.
10. Serve with a slice of lime for extra acidity.

Tip: Traditionally served on Ethiopian Teff injera but it's also delicious with brown or multi grain rice, quinoa and sourdough bread.

Drinks tip: I find orange natural wine (skin contact) goes super well with Ethiopian food or for those who are able to find Ethiopian honey wine Tej, I highly recommend that you try it.

Background

I love 'Asa day' growing up in a lake city in Ethiopia, I have very fond memories of my Mum cooking freshly caught Asa (Fish) from a fishmonger who would go around neighbourhoods shouting 'Asa' 'Asa' 'Asa'! She cooks it in a very citrusy, gingery, and spicy sauce. This recipe is inspired by that memory, a bit more spicy but equally satisfying. Hope you enjoy it.

The spice

Berberere spice blend is at the heart of this dish and is used across Ethiopia and Eritrea.

Berberere spice is made up of around 20 different spices and herbs and quite a few of these ingredients are native to Ethiopia. I'm lucky enough to be able to use my Mum's homemade blend, which she makes for me in Ethiopia. For this recipe, I suggest reaching out to Ethiopian mini markets where you live, if you are in the U.S or Europe this shouldn't be a problem in major cities. Although there are many online adapted recipes to be found they simply won't taste anything like Berbere no matter what people say. Similarly you might find Berbere on the shelves of some major western supermarkets but unfortunately again in our experience they just don't taste like they should. We hope to be able to make our own spices accessible soon.