

Fish Balls in Tomato and Pepper Sauce

For the fish

2.2 pounds (1 kilo) fish - I used half a kilo of tilapia and half a kilo of Nile perch fish I ground it myself in the food processor (see below) but you can have a fish guy grind it for you and save that step if you wish. A note, you can use other firm fleshed white fish mix if you choose

2 medium onions peeled and chopped

3 tablespoons olive oil

5-6 cloves garlic chopped

Pinch of chili powder

A nice bunch of parsley, cleaned, 3/4 for the fish mix and 1/4 for the sauce

3/4-1 cup breadcrumbs *or* 3/4 cup matzo meal *or* 1/2 cup potato starch

1 teaspoon cumin (can be omitted for Passover)

2 teaspoon turmeric

Pinch of black pepper

2 flat teaspoon salt

4 teaspoons paprika

2 eggs

For the sauce:

3 red peppers, julienned (sliced into strips)

1/3 cup olive oil

5-6 cloves garlic sliced

2 tablespoons sweet paprika

1 tablespoon turmeric

1/2 teaspoon cumin (can be omitted for Passover)

Pinch of chili powder

2 tablespoon sugar

1/4 teaspoon black pepper

2 teaspoon salt

200 grams tomato paste

1/4 of the sautéed onion from above

4 cups water, with potentially an additional cup of water

2 -3 tablespoons lemon juice or juice of one medium lemon

small amount of parsley chopped coarsely

Directions:

For the fish balls:

Sauté the onion in the 3 tablespoon of oil till deep yellow, can have a hint of light brown but do not brown the onions. Cool and set aside. Place the parsley into food processor and buzz, add garlic and whizz till well chopped. Add the cut up fish and process with the spices till mostly

smooth. Add the egg and breadcrumbs or matzah meal or potato starch and 3/4 of the sauteed onions and process till smooth. Cover and refrigerate for 1/2 an hour.

For the sauce:

Sauté the red peppers in the same pan as the sauteed the onions, scooping out the 1/4 remaining onions and putting aside, and adding the 1/3 cup of oil, for 3-4 minutes and add the chopped garlic and sauté for a minute, do not let it brown or it gets bitter. Add the paprika, turmeric, cumin, sugar, black pepper, salt, chili powder and cook a minute, it will be very fragrant. Add the tomato paste and water and stir well together. Bring to a simmer. Cook 25 minutes or so, sauce should reduce slightly. Remove the fish mixture from fridge and form balls and gently drop into the simmering sauce and add the lemon juice. The sauce should come 3/4 of the way up the fish balls. Add water if necessary. Cook with a tilted lid on the pot for 20 additional minutes. Add the remaining chopped parsley and cook 5 minutes more. Serve in bowls with the sauce.