Braised Wild Alaska Pollock with Coconut Sweet Potato Curry

Preparation Time: 0 minutes  
Cook Time: 0 minutes  
Servings: Serves 4

Ingredients:
2 lbs. sweet potatoes, cut into a medium dice

1 onion, sliced thinly

4 cloves garlic, minced

2 Tbsp. curry powder

1 tsp chili flakes (optional)

2 13.5 oz. can coconut milk (not water or coconut cream)

4 6 oz. Alaska pollock filets, cut into 3-inch pieces

4 scallions, sliced thinly

1 bunch cilantro or about 1 cup, chopped

2 limes, zest and juice

1 Tbsp. sesame or olive oil

4 oz. spinach

Description:
I love one pot meals and this balance of sweet, spicy, and creamy lifts the delicate flavor of the pollock into one big, steamy, warm bowl. The cilantro scallion salad helps keep the bright and refreshing. - Chef Abra Berens

In a medium frying pan, heat a glug of neutral oil until shimmering hot. Add the curry powder and chili flakes (if using) to bloom the flavor. Toast until fragrant.
Reduce the heat to low and add the onion and garlic with a big pinch of salt and cook until soft (about 5 minutes).

Shake the unopened can of coconut milk to recombine the coconut cream and water. Add the sweet potatoes, coconut milk and 1 cup of water (or ½ a can of water to loosen). Stir to combine.

Bring to a boil, reduce to a simmer and cook half covered until the sweet potatoes are just about cooked through (about 15 minutes).
Season the pollock filets with salt, then place evenly in the frying pan and cover to braise.

Cook until the pollock is cooked through (about 10 minutes). Remove the lid and increase the heat to reduce the sauce until thick. Combine the scallions, cilantro, lime zest and juice with the sesame oil and a big pinch of salt.

Just before serving, taste the coconut curry liquid and add more salt if desired or thin with a bit more water if it has gotten too thick.

To serve, divide the spinach or kale between four bowls. Spoon the fish with the sweet potatoes and curry liquid over the spinach and then top with the cilantro scallion salad.

Optional:

Incorporate a tablespoon of honey and cook the fish in brown butter. The brown butter adds some texture and a little bit of nuttiness to the dish.