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# Toothfish Creole

## Wendy Luxton



**Nutritional Info:** Toothfish has a high unsaturated fat content, releasing rich Omega-3 fatty acids when cooked, these contribute to brain and visual development in children, and contribute to the maintenance of normal cardiac function in adults. Toothfish is a good source of protein, which contributes to the maintenance of muscle mass and bone health.

**Tips:** Toothfish Creole can be served with rice, garlic bread, a green salad and of course a good white wine.

Add prawns or a variety of your favourite seafood for a special meal.

For an authentic New Orleans meal, serve Creole with russet or sweet potato wedges and chile mayonnaise, seasoned green beans or broccoli, black-eyed peas or with a wedge of cornbread.

# Toothfish Creole - Wendy Luxton

## Ingredients

- 1 lb (450g) toothfish – cut into chunks
- 1 tsp ground ginger
- ½ tsp ground allspice
- 14oz (400g) tinned chopped tomatoes
- 2 tbs tomato puree
- 1 tsp sugar
- ½ tsp salt
- ¼ tsp minced garlic
- Pinch of cayenne pepper
- ¼ pint (150ml) water
- 8oz (225g) tin pineapple pieces – drained

## Method

1. Heat the oil in a frying pan and fry the onions until softened.
2. Add the garam masala, ginger and allspice and cook for 1 minute, stirring.
3. Add the tomatoes, tomato puree, sugar, salt, minced garlic, cayenne pepper and water.
4. Bring to the boil, stirring. Simmer gently, uncovered for 10 minutes.
5. Stir in the pineapple and toothfish. Cover and simmer for a further 10 minutes or until the fish is tender.



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