

Sere (Fish Soup)



serves 4



45mins



INGREDIENTS

- 2 lbs Red Snapper or Tilapia fillets (cut into large chunks)
- 2 cans (13.5 oz each) full-fat coconut milk
- 1 cup water
- 1 large onion, sliced
- 2 cloves garlic, minced
- 1 green bell pepper, chopped
- 1 large green plantain (peeled and sliced into rounds)
- 1 whole Habanero pepper
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- 1 tsp fresh thyme

DIRECTIONS

- Season the fish chunks with salt and black pepper; set them aside.
- In a large pot, combine the coconut milk and water. Bring it to a gentle simmer over medium heat, stirring occasionally so the milk doesn't curdle.
- Add the onion, garlic, bell pepper, and green plantain. Let it simmer for about 10–15 minutes until the plantains start to soften.
- Gently slide the fish pieces into the liquid. Add the whole habanero and thyme.
- Simmer for another 10 minutes until the fish is opaque and flakes easily. Don't over-stir, or the fish won't stay in chunks.
- Taste the broth and add more salt if you need it. Serve hot, traditionally with white rice.