



SOPA DE PESCADO

SERVINGS 4

PREP TIME 10 MIN

COOK TIME 15 MIN

INGREDIENTS

- 1 ½ lbs fish, 1 ½ lb fish [0.7 kg] (1 lb [0.45 k] fish fillet in small pieces + 1 large fish head. See notes)
- 2 tablespoon olive oil
- Juice of 1 lime
- 2 clove garlic, , sliced
- 1 large carrot, , diced
- 1 cup potatoes, , diced
- 1 cup auyama, (West Indian pumpkin or kabocha squash), diced, divided
- 2 qrt [2 lt] of water, (or more, if necessary)
- 2 sprigs of cilantro
- 1 ½ teaspoon salt, (or more, to taste)

DIRECTIONS

1. Make base: In a deep pot mix the fish head (see notes), oil, lemon juice, garlic, and half of the pumpkin. Add the water. Cook covered over medium-low heat until the auyama and heads are cooked and flaky (25 to 35 minutes).
2. Remove from the heat and sieve to discard the solids.
3. Cook vegetables: Return the broth from the previous step to the pot. Add cilantro, carrot, potato. and remaining auyama. Cook covered over very medium-low heat until the vegetables are cooked through.
4. Cook fish: Add the remaining fish to the pot and cook until it is cooked through (10-15 mins).
5. In the end, you should have about half the liquid you started with, if it's too little, add some more water and heat through, if it's too much, simmer some more to reduce it. This is not a thick soup.
6. Serve: Season with salt to taste. Serve hot.

