VENEZUELAN · LUNCH · DINNER

Pisillo de Cazon (Venezuelan Shredded Dogfish Stew)

Guiso de cazón

75 min · Serves 5 · 377 kcal a serve · Video 6:01 in Spanish · Recetas Venezolanas

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

About 37 g protein and 6 g net carbs a serve from flaked cazón cooked down with sweet peppers, onion and herbs, a low-carb main.

Diet notes: Low carb (6.3 g net carbs) but not keto: 53% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2.6 g, 6% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

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Ingredients 14 · SERVES 5

- [ ] 2¼ lb **cazón** (dogfish or other small shark), boiled, skinned and flaked
- [ ] **Lemon juice**: juice of 1 large lemon or 2 small, to clean the fish (rinsed off)
- [ ] ½ cup **vegetable oil** (sunflower or olive)
- [ ] 1 tsp onoto (annatto) seeds, to colour the oil, strained out
- [ ] 1 **onion**, finely diced
- [ ] 1 **red capsicum** (bell pepper), finely diced
- [ ] 1 **green capsicum** (bell pepper), finely diced
- [ ] 6 **ají dulce** (small sweet peppers), finely chopped
- [ ] 3 stalks **cebollín** (spring onion), chopped
- [ ] 3 **garlic** cloves, crushed
- [ ] ¼ bunch **coriander** (cilantro), chopped
- [ ] 1 cup **fish stock**
- [ ] 1 tsp **salt**
- [ ] ½ tsp **ground black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Warm the oil with the onoto (annatto) seeds over medium-low heat for 5–6 minutes, stirring, until the oil turns deep red; don't let the seeds burn. Let it cool, then strain. 1:00
2. Rub the cazón all over with the lemon juice to freshen it, then rinse it 3–4 times in clean water. 1:54
3. Cover the fish with water in a large pot, bring to the boil, then cover and cook over medium heat for about 15 minutes. Drain and cool, then flake it, removing cartilage and skin. 2:35
4. In a large frying pan over medium-high heat, fry the onion in the onoto oil for about a minute, then add the red and green capsicum, ají dulce, spring onion and garlic and sauté 2–3 minutes. 3:27
5. Add the flaked cazón and stir it through the sofrito until it takes on the colour. 4:19
6. Add the coriander, salt, pepper and fish stock (it is full of flavour, so go easy on the salt). When it boils, lower to medium, cover and cook about 30 minutes, until most of the liquid has been absorbed. 4:30

> **Tip** Serves 5 (our estimate from 2¼ lb cazón). Any firm white fish or shark works. In Venezuela it is eaten with rice and fried plantain or used to fill empanadas; a salad or avocado keeps it lower in carbs. Freezes well.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
377 kcal 1,580 kJ	**37** g 74% of a day	**8.6** g 6.3 g net · 4.2 g sugars 3% of a day	**2.3** g 8% of a day	**22** g 2.6 g saturated 29% of a day	**670** mg 29% of a day

Energy from net carbs 7% · protein 40% · fat 53% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 136% · Omega-3 123% · Vitamin B12 105% · Vitamin C 92% · Vitamin K 36% · Vitamin E 35% · Vitamin D 25% · Vitamin B6 25%

Source of (10–19%) Potassium 16% · Magnesium 15% · Folate 11%

Recipe and video: Recetas Venezolanas (@RecetasVenezolanas) on YouTube — youtube.com/watch?v=WBWYtNei6I4, published 28 May 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pisillo-de-cazon