PERUVIAN · LUNCH · DINNER

Sudado de Pescado (Peruvian Steamed Fish in Chilli Broth)

Sudado de pescado

65 min · Serves 4 · 308 kcal a serve · Video 14:46 in Spanish · Sazón y Corazón

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

About 31 g protein and 13 g net carbs a serve from white fish gently steamed in a tomato, onion and yellow-chilli broth, a light, filling main.

Diet notes: Low saturated fat (0.8 g, 2% of the energy); DASH-friendly with less salt: up to ⅛ tsp a serve; Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

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Ingredients 21 · SERVES 4

- [ ] **White fish**: 2 whole chita (grunt) or other white fish, about 1½ lb each, cleaned and scaled
- [ ] 1¼ cups **fish stock** (simmered 20 min from fish heads and bones with onion, carrot, celery, leek and garlic)
- [ ] 2 tbsp **vegetable oil**
- [ ] ¼ cup finely diced **onion**
- [ ] 1 tbsp **crushed garlic** (ajo molido)
- [ ] ¼ tsp **ground cumin**
- [ ] ½ tsp **ají panca paste**
- [ ] 4 tbsp **ají amarillo paste** (yellow chilli paste)
- [ ] ½ cup finely diced **tomato**
- [ ] ½ slice **zapallito loche** (or butternut pumpkin), grated
- [ ] ½ tsp **dried oregano**
- [ ] 2 cups **onion** in thick strips
- [ ] 1½ cups **tomato** in thick strips
- [ ] ½ cup cebollita china (spring onion) tops and stalks
- [ ] 1 **fresh ají amarillo** (yellow chilli), cut in strips
- [ ] 1 tbsp chopped **coriander** plus a few sprigs (sprigs removed)
- [ ] 1 cup **chicha de jora** (Peruvian fermented corn drink)
- [ ] a few slices of **ají limo** (optional)
- [ ] **salt** to taste, plus a little to rub on the fish
- [ ] **black pepper** to taste
- [ ] a squeeze of **lime**, to serve

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

Allergens found in the listed ingredients: Fish, Celery, Sulphites. 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. Make a fish stock: simmer fish heads and bones in 2 quarts of boiling water with onion, carrot, celery, leek, a garlic clove and 1 tsp salt, uncovered, for 20 minutes, then strain. 4:24
2. Trim the fins off the cleaned fish, make a few shallow diagonal cuts on both sides and rub salt over the fish, into the cuts and inside. 6:26
3. Heat 2 tbsp oil in a wide, low pot and gently fry the diced onion until translucent, then add the garlic and cumin and fry until the garlic starts to colour. 7:17
4. Add the ají panca and ají amarillo pastes and fry until the oil separates, then the diced tomato and grated loche. Season with oregano, pepper and salt and add a splash of water. 8:02
5. Spread the sauce over the base, scatter half the onion and tomato strips, spring onion and ají strips, lay the fish on top and cover with the rest; tuck coriander sprigs at the sides. 9:50
6. Pour over the chicha de jora and the fish stock, add a little salt, cover and cook 10 minutes. 10:45
7. Baste the fish with the broth, scatter chopped coriander and ají limo, cover and cook 5 minutes more. Remove the sprigs and serve with plenty of broth and a squeeze of lime. 11:47

> **Tip** The cook says it serves 2 to 4 (she plates a whole fish each); we use 4, half a fish each. Peruvians add boiled yuca and rice. No chicha de jora? Use more fish stock. Any white fish works.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
308 kcal 1,290 kJ	**31 g** 63% of a day	**16 g** 13 g net · 7.4 g sugars 6% of a day
FIBRE	**FAT**	**SODIUM**
3.6 g 13% of a day	**8.4 g** 0.8 g saturated 11% of a day	**880 mg** 38% of a day

Energy from net carbs 21% · protein 49% · fat 30% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 88% · Vitamin C 62% · Vitamin B12 58% · Omega-3 56% · Vitamin K 41% · Vitamin B6 41% · Vitamin E 26% · Magnesium 21%

Source of (10–19%) Potassium 18% · Folate 14% · Zinc 12% · Iron 11% · Vitamin A 11%

Recipe and video: Sazón y Corazón (@SazónyCorazón) on YouTube — youtube.com/watch?v=QRp8563Mytc, published 22 August 2023. 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/sudado-de-pescado-peruano