



Servings 4

Prep Time 15 min

Cooking Time 15 min

## Yellow Perch in Tamarind Broth with Tomatoes and Dill



### Ingredients

8 perch fillets, skin on (from 4 perch)

1 teaspoon neutral oil

4 cups water or fish stock

2 large tomatoes

1 shallot, thinly sliced

1 clove garlic, thinly sliced

1 cup fresh dill, torn into small bits

1 tablespoon Asian fish sauce

2 tablespoons tamarind chutney or  
1 tablespoon tamarind concentrate

Juice of 1 lime

### Directions

#### Step 1

Add the oil to a skillet over high heat. Sear skin side of perch fillets only for 1 minute. Set aside.

#### Step 2

Add the water or stock to a pot and bring to a simmer. Cut a very shallow cross in the bottom of the tomatoes and transfer them to the simmering water. Once the skin begins to peel away (after a few minutes), remove the tomatoes and let cool.

#### Step 3

Meanwhile, add the shallot, garlic, dill, fish sauce, tamarind, and lime to the liquid.

#### Step 4

Peel skin off of tomatoes and carefully slice into wedges. Add them back to the soup.

#### Step 5

Cut the seared perch fillets into halves or thirds and add to the soup. Simmer for 2 minutes, taste for seasoning (add salt, more fish sauce, or more tamarind to balance the flavor) then transfer to bowls and serve. Enjoy!

