

# Savory Bluefish

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**Serves: 4 people**

**Yields: 4 filets of Bluefish**

**Time: 15 minutes**

## Ingredients

4 (4-ounce) filets of bluefish  
1 tablespoon of whole wheat flour  
2 tablespoons of olive oil, divided  
1 medium onion, small dice  
1 red bell pepper, seeded, small dice  
2 cups of boiling vegetable stock  
(see page 64)  
Pinch of salt

## Directions

- ✦ In a sauté pan, heat 1 tablespoon of olive oil. Add onions and red bell peppers and a pinch of salt and sauté until soft. Place in a bowl and set aside.
- ✦ Make a roux by adding 1 tablespoon of olive oil and 1 tablespoon of flour to the pan. Stir vigorously at low heat until oil and flour are combined. Add onion and pepper mixture and boiling vegetable stock. Add more water as desired for a brothy texture.
- ✦ Add the bluefish fillets to the onion and flour mixture. Simmer covered for 5 minutes or until fish is completely cooked.
- ✦ Serve the bluefish with a side of mashed plantains (see recipe on page 24).

