

# Fish Fillet on a Bed of Couscous and Vegetables

Recipe By Tom Kablo, Deca  
Restaurant Chef



Cooking and Prep:  1 h

Serves:  6

Contains:  

**Preference:** Parve

**Difficulty:** Medium

**Occasion:** Nine Days

**Diet:** Pescetarian, Low Fat

**Source:** Family Table by

Mishpacha Magazine

The sauce adds spice and depth to your favorite fish, while the couscous serves as the perfect foil to this rich dish.

## Ingredients (19)

### Main ingredients

- 6 fish fillets (any firm-fleshed white fish)
- 1.5 pounds (700 grams) whole grain couscous, prepared according to package directions

### Fish Broth

- 2–3 fish heads (large fresh fish are best)
- 2 tablespoons fresh thyme

10 whole peppercorns

5 bay leaves

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## Vegetable-Fish Sauce

1/4 teaspoon **Bartenura Olive Oil**, or olive oil baking spray

5 onions, quartered

1 stalk celery, sliced

2 leeks, diced

1 celery root, diced

3 carrots, sliced

2 heads fennel, sliced into strips

1/4 teaspoon ginger

1 bag fresh coriander

1 whole chili pepper (optional; use with caution)

1/4 teaspoon turmeric

2–3 saffron threads

1 handful **Gefen Organic Chickpeas** or canned chickpeas

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## Start Cooking

### Make the Fish Broth

1. Place fish heads in a pot filled with ice and cover with water. Allow ice to melt and drain all water. Wash heads well and replace in pot with fresh water. (Water should appear clear.)
2. Add remaining broth ingredients and bring to boil. Lower fire and simmer over low flame for 15–20 minutes. (If the flame is too high, the natural gelatin of the broth will dissolve.) Strain with a fine strainer. Broth should be clear and delicate tasting.

### **Prepare the Fish Sauce**

- 1.** Sauté onions and leek in olive oil over low flame until transparent. Add remaining vegetables and ginger. Cover pot and steam until all vegetables are soft.
- 2.** Pour prepared broth into vegetables and bring to gentle boil. Add remaining seasonings and chickpeas. Continue cooking over low flame for 15–20 minutes.

### **Assemble the Fish Fillets**

- 1.** Grill or fry fish until done. Arrange warm couscous on a plate. Pour a generous amount of fish-vegetable sauce on top and top with a slice of fish.