



# Recipe

## Ready for an Elite Cayman Cuisine recipe? Here's a Fish "Rundown" (stew)

courtesy of award-winning, Cayman Island's chef Maureen Cubbon of Zest Meals. It's got all the ingredients for a meal in just one tasty dish and virtually all ingredients can be found at your local grocery.

### Ingredients

3 to 4 lbs skinless filets of white fish (such as snapper, cod, mahi)  
2 to 3 cans of coconut milk  
4 cups vegetable stock  
2 to 3 cloves of garlic, minced  
1 lb pumpkin  
1 lb yams or sweet potato and/or cassava  
1 to 2 hot peppers (i.e., habanero, scotch bonnet, or chili peppers), pierced with a fork  
4 to 6 pimento peppers ("seasoning peppers") or 1 large red bell pepper ("sweet pepper")  
Fresh thyme  
Salt and pepper  
Coconut oil  
0.5 cup chopped okra (optional)  
1 to 2 fresh limes

### Directions

Season fish with salt and pepper, squeeze fresh lime juice all over and set aside.

Peel, wash and cut all the "breadkind" into 2-inch pieces, and set aside. ("Breadkind" means any starchy vegetables, such as pumpkin and yams.)

Add onion, minced garlic, thyme, seasoning/sweet peppers, okra, and salt and pepper into a large pot. Drizzle with coconut oil. Sautee for 5 minutes until browned and fragrant.

Add 2 cups of vegetable stock, 2 cans of coconut milk, chopped breadkind and whole hot peppers. Bring to a boil, then cover and simmer for 20-30 minutes or until the vegetables are almost cooked through.

Add the fish to the top of the rundown and cook for another 15 minutes or until the fish is cooked through. Check the level of coconut milk/veggie stock - if you want it to be more saucy, you can add the last can of coconut milk.

Once cooked, season with salt and pepper, and serve hot. Yum!