

THIEBOUDIENNE (SENEGALESE FISH AND RICE)

Ingredients (serves 6-8)

Protein:

- (4-6) 6-8oz steaks of grass root carp - with skin on. (Other acceptable substitutes: salmon steaks, tuna steaks, swordfish steaks (preferable steak-fish))

Produce:

- 1 green bell pepper
- 2 large beefsteak tomatoes or 3 roma tomatoes
- 1 full bunch of green onions
- 3 large yellow onion
- 1 large bulb of garlic or a heaping cup of garlic cloves
- 2 tbsp Peppercorns (preferred) or 3 tbsp ground pepper
- 1 head of green cabbage
- 4 small japanese eggplant or 1 large eggplant quartered
- 4 carrots peeled and quartered

Grains:

- 5 cups of dry broken rice aka Cơm tấm

Misc:

- 10 cubes chicken or veg Bouillon or Maggi or “Better than Bouillon” (4 Bouillon cubes 1 tablespoon of the “Better than Bouillon”)
- 1 tbsp salt (may add more to taste)
- 1 cup vegetable oil (Canola, avocado, or grapeseed oil)
- 1 16oz can of tomato paste

For Vegetarians: Omit the fish and chicken bouillon. In its place, substitute:

- Veggie Bouillon
- Remaining half of Cabbage

Kitchen Tools

Items Needed:

- 1 large roasting pan with lid or dutch oven with lid
- 2 large bowls
- 2 medium bowls
- 1 garbage bowl (optional)

- 1 Food processor/high power blender/vitamix
- 1 Cutting board
- Baking pan for prepping fish
- Measuring cups
- Measuring spoons
- 1 Tongs
- 1 Wide metal spatula or silicone spatula
- 1 Wooden spoon or spatula
- 1 Chef's knife (sharp)

Chef's Recommendations:

Advanced Preparation: It is recommended to cut all the veggies in advance.

Cooking Instructions:

1. Soak peppercorns in water and let soak while you are conducting food preparation (Let soak at least 15 min)
2. Wash vegetables and set aside.
3. Cut 1 green bell pepper, 1 onion, 1 bunch of green onions in quarters and add to the food processor or blender.
4. Remove skin from garlic cloves and add to the processor or blender.
5. Add 2 tbsp vegetable oil, 1 tbsp of salt, and 2 tbsp peppercorns
6. Begin to pulse to incorporate all the ingredients. Set marinade aside.
7. In a separate bowl or pan sprinkle salt on fish and rub in.
8. Poke 1 inch holes in fish all around the circumference and in the thickest portion of it's meat and set aside.
9. Place marinade into the holes of the fish.
10. Put a large roasting pan or dutch oven on the stove and fill the bottom of the surface with oil so that it is approximately a quarter inch high. Turn the flame/surface to a medium high setting and give the oil a minute or two to heat up to ensure a nice sear on the fish.
11. Let the fish cook for 6-8 minutes on each side. Note: Once the fillet hits the pan do not move the fish or flip it so that it can get a nice crust.
12. Once the fish is browned and crispy on the first side, flip and cook the other side for 6-8 minutes. Note: The cooking time will vary depending on the thickness and size of your fillet.
13. Once the fish has been removed from the pan, set aside and remove $\frac{2}{3}$ of the oil in the pan. Leave the remaining $\frac{1}{3}$ of oil for the veggies that will be cooked next.
14. Turn the heat to medium - medium-high heat, add the two diced onions and begin to brown, letting cook 2-3 minutes.
15. Add the 16 ounce can of tomato paste to the onions. Fill $\frac{1}{3}$ of the can with water and add to the pan and stir the tomato paste and onions together. Cook for approximately 7 minutes.

16. Turn the oven on to 150 degrees for a later step. We will need it a bit later.
17. Add another 2 cubes of bouillon or 1/2 tablespoons “Better Than Bouillon” and diced tomatoes, stir and cook for approximately 5 minutes.
18. Add 9 cups of water and fully submerge eggplant, cabbage and carrots in the pan. Turn up the heat slightly, place cover on pot and cook for 3 minutes.
19. Meanwhile, measure 5 cups of broken rice and set in a large bowl and sprinkle with three palms of water and mix in bowl. Microwave rice uncovered for 6 minutes.
20. With the heat set to medium-high, add fish and one cup of marinade across the fish. Place cover on the pot and let cook about 15 minutes.
21. Meanwhile, remove rice from the microwave after 6 minutes and fluff with a fork and set aside.
22. After the 15 minutes of cooking time is up, remove the fish and vegetables from the pan and set aside in a separate dish/pan and place it in the oven at 150 degrees to stay warm (Do not drain any of the liquid and veggies should be soft but not mushy)
23. Add 1 tablespoon of salt and add rice to the pan, cover and turn down the heat to a medium-low setting. Let cook for 35-40 minutes. After cooking you may add more salt to taste.
24. Mix rice after it is finished cooking, but do not scrape the bottom.

Examples:

Picture of broken rice (Can be found at Asian grocery stores & online stores such as Amazon)



Picture of grass root carp steaks (Can be found at Asian grocery stores)



Bon Appétit!