



## **Fijian Fish with Miti (Coconut Relish)**

*Serves four*

### **FOR THE MITI:**

- 2 coconuts – grated or 1 – 14.5 oz. can of coconut milk
- 1 cup very hot water – only if using fresh coconut
- 3 small limes or lemons
- 1 TBS minced white onion
- 1 TBS finely chopped tomatoes
- 1 TBS finely chopped scallion greens
- 1 tsp. salt

If using freshly grated coconut – place coconut in a bowl and add the hot water. As soon as you can handle the heat, start kneading the coconut by grabbing a handful and rubbing it. Do this with all of the coconut in the bowl. Start squeezing the liquid out of the coconut – as hard as you can – and set the pulp aside. You can discard the pulp or dry it up to use for baking. Strain the juice into another bowl.

Add the rest of the ingredients and mix. Make sure to taste it. You should have a good salt to acid balance – like a ceviche, if you have ever had one.

### **FOR THE FISH:**

- 4 fish steaks or 2 small white fish
- Enough water to reach the fish half way
- 1 TBS ginger thinly sliced
- 1 TBS garlic thinly sliced
- 1 tsp. salt

Place the fish in a skillet and add the water. Scatter the ginger and garlic in the pan. Cover and bring to a slow simmer. Steam for about 15 minutes or until the fish is completely cooked through.

Place the steamed fish in a plate with a slice of sweet potato and steamed choice of greens. Ladle some Miti over the fish and serve. Enjoy!