

## SWEET POTATO COCONUT CURRY FISH

*This is another sauce that helps keep fish hot and moist. Sweet potatoes are high in Vitamin A, making this sauce more nutrient dense.*

SERVES 50 ADULTS

### INGREDIENTS

---

6 ½ lb. 3 to 5 ounces cod or pollack  
6 tablespoons oil  
3 tablespoons garlic, minced  
2 large onions, diced  
½ head celery, sliced thinly  
4 lb. sweet potatoes, washed and diced into 1  
inch pieces  
2 bell peppers, diced small  
1 ½ tablespoons mild curry powder  
3 #303 (15 ounce) cans coconut milk  
1 ½ cups water  
1 tablespoon brown sugar  
¼ cup lime or lemon juice  
¼ cup cilantro, washed and chopped (optional)

### DIRECTIONS

---

1. Preheat oven to 325°F.
2. Lightly season the fish with salt, black pepper, and oil and place evenly on sheet trays.
3. Sauté garlic, onions, and celery in oil. Add sweet potatoes and bell peppers. Cook for 10 minutes.
4. When vegetables begin to soften, add curry powder and cook for 2 minutes. Add coconut milk, sugar, and water. Cook until sweetpotatoes are tender (simmering for about 30 minutes).
5. Add cilantro to sauce and cook for about 5 minutes stirring well. Finish with lemon or lime juice.
6. Serve ½ cup of sauce over fish.