

## Sopa de Bagre



### COUNTRY



Ecuador

### SERVINGS



### INGREDIENTS

- ¼ lbs of catfish (bagre) in pieces
- 2 Tbsp of oil
- 5 cups of water
- 2 cloves of garlic minced
- ½ red onion diced
- 2 tomatoes diced (plum or vine tomatoes are preferred)
- 1 large yuca cut into chunks
- 2 green plantains cut into chunks
- 1 tsp of cumin, 1 Tbs of cilantro, 1 Tbs peanut butter
- Salt and pepper to taste

### TIME TO PREPARE



30 min

### TIME TO COOK



1 h 30 min

### TOOLS NEEDED

- Large pot
- Knife
- Large spoon

### PROCEDURE

1. In the large pot add the oil, garlic, onion, tomatoes, cilantro, cumin, salt and pepper (do not add too much salt/pepper we can always add more in the end). Sweat ingredients for 5 minutes.
2. Add the head of the catfish and cook for 5 minutes on low heat.
3. Add the water and cook on medium-low for 40 minutes.
4. Remove the catfish head from the broth and set in a side bowl. Add the yuca and the plantains and cook for 25 min or until soft. (At this step you can also include corn still on the cob).
5. Next add the rest of the pieces of catfish and cook for 15 minutes on medium-low heat.
6. In a separate bowl take about 3 Tbs of the soup and add the peanut butter. Mix until it is fully incorporated, peanut butter will become more liquid now. Once the consistency is more like water add it back to the soup. (You can always take more soup out to mix with peanut butter or skip this step entirely)
7. Add any additional salt or spices to your taste.
8. Serve the Caldo de Bagre hot with a piece of lemon, ají criollo, and/or rice.

See more details on:

<https://www.cocina-ecuatoriana.com/recetas/sopas/caldo-de-bagre>

<https://www.laylita.com/recetas/biche-de-pescado/>