



White Fish Stew

The stew is a beautiful blend of cultures and tastes.

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Popular in Puerto Rico, this fish stew (aka bacalao stew, referring to the use of codfish) brims with complex flavors and is easy to make. White fish is a delicious source of omega-3 fatty acids and B vitamins. Capers and oregano add a Mediterranean twist, while cilantro and lime recall Latin America. The stew is a beautiful blend of cultures and tastes, much like Puerto Rico itself.

Servings: 4

Ingredients: 13

Prep: 20 minutes

Ingredients

2 tablespoons extra-virgin olive oil

½ teaspoon salt

1 medium onion, chopped

4 cloves garlic, minced

1 poblano or Anaheim chili pepper, deseeded and chopped

1 (14-ounce) can diced tomatoes

2 tablespoons sliced pimento-stuffed green olives

1 tablespoon capers, rinsed

1 teaspoon dried oregano, or 1 tablespoon fresh oregano, chopped

2 whole branches of washed cilantro, plus 1 tablespoon chopped

1 pound fillets of white fish, such as haddock, tilapia or cod, skinned and cut into 1½-inch chunks

1 avocado, chopped

lime, quartered

Directions

1. Heat oil in a large high-sided skillet or Dutch oven over medium high heat. Add the onion, sprinkle with salt and cook for a minute, stirring until the onion starts to soften. Turn the heat down to medium-low and sweat, stirring occasionally, until softened, about 5 to 8 minutes.
2. Turn the heat up to medium-high and add garlic and poblano pepper. Cook and stir for 1 minute. Add the tomatoes. Cook and stir for 3 minutes. Add the olives, capers and oregano. Mix well. Lay the cilantro sprigs on top, cover and turn the heat down to low. Simmer for 20 minutes. If the mixture seems dry, add up to ½ cup of water, 1 tablespoon at a time. Taste stew for salt. At this point, you can set the stew aside until you're ready to add the fish.
3. Add the fish chunks and mix them into the stew. Cook until the fish is opaque and just flakes with a fork; it should take no more than 10 minutes. Remove from the heat, and let the soup sit for 5 to 10 minutes. This will blend the flavors and finish cooking the fish. Remove the cilantro sprigs. Serve with the chopped cilantro, avocado and lime wedges on the side. To add heartiness, serve the stew with something for sopping up the sauce, like crusty whole grain bread.

Nutrition Facts (per serving)

Calories: 268; fat: 16 g; saturated fat: 2 g; polyunsaturated fat: 2 g; monounsaturated fat: 21 g; carbohydrates: 14 g; sugar: 5 g; fiber: 7 g; sodium: 659 mg

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