

Nutritional Anthropology

The Bond Effect

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RECIPES

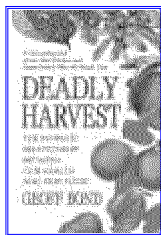
Hoki Hot-Pot

Yield: 2 servings

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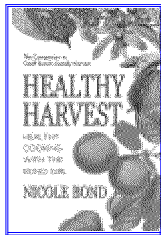


Nutritional Anthropology's Bible:

[DEADLY HARVEST](#)

by

Geoff Bond



COOKBOOK

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Hoki is a cheapish white fish with delicate flaky flesh but not much flavor. This recipe uses flavorful ingredients like white wine and fresh herbs to bring the fish's taste alive. Instead of Hoki, you can use other cheap white fish such as pollock or cat-fish. The Canola oil imparts a pleasant nutty flavor and good mouth-feel to the hot-pot – plus it adds your daily quota of omega-3 oils

- 2 tablespoons olive oil
- 1 large white onion, finely chopped
- 2 large cloves garlic, crushed
- 3 cups roughly sliced mushrooms (about 5 ounces)
- 2 x 14-ounce can chopped tomatoes
- 1/2 cup dry white wine
- approved sweetener to taste (up to 3 teaspoons of sugar equivalent)
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 4 sprigs fresh rosemary
- 1 tablespoon chopped fresh basil
- freshly ground black pepper, to taste
- about 1 pound Hoki fillets, cut into 1-inch cubes
- 2 tablespoons Canola oil (rapeseed oil), cold-pressed and organic

1. Heat the oil in a large sauce pan, add the onion and garlic, cover and simmer for 3-4 minutes, or until soft.
2. Add the mushrooms and cook uncovered for a further 5 minutes.
3. Stir in the tomatoes, wine, sweetener and the dried and fresh herbs. Season with the pepper. Bring to a boil and cook uncovered for approximately 5 minutes.
4. Add the Hoki cubes and gently simmer covered for a further 5 minutes, or until the fish is just done.
5. Stir in the Canola oil and ladle into warm serving bowls.

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