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easy & delicious recipes

Mediterranean Seafood Stew

Ingredients

45 ml olive oil
1 onion, finely chopped
1 large carrot, coarsely grated
2 stalks celery, finely sliced
1 large red pepper, finely chopped
4 large cloves garlic, chopped
2 x 425 g cans chopped tomatoes
3 large pieces orange rind
15 ml dried dill tops
pinch dried red chilli flakes
125 ml dried white wine
125 ml prepared chicken or fish stock
sea salt, milled black pepper, sugar
250 ml skinless fresh tomato wedges
600 g hake fillet, cubed
400 g king prawns, deveined
400 g calamari rings
600 g clams in shell (cleaned)
600 g black mussels in shell (cleaned)
final finishes: finely grated garlic and grated lemon rind, lemon juice, chopped parsley and basil and lemon-infused olive oil

Method

Heat the oil and add the onion, carrot, celery and red pepper. Sauté until lightly caramelised and soft then add the garlic. Sauté briefly then add the canned tomatoes, orange rind, dill tops, chilli flakes, wine and stock. Bring to a boil, reduce heat, cover and allow to cook for 15 minutes. Remove lid, increase heat and allow to cook rapidly until reduced to a medium-thick sauce.

Using a stick blender, puree the sauce until smooth then rub through a sieve and strain into a clean saucepan. Season to taste with salt, pepper and sugar.

Bring to a boil and add the fresh tomato pieces, then hake, the prawns, the calamari, the clams and finally the mussels. Do not stir, cover the pan, bring to a boil and allow the fish to cook/steam for 4 minutes or until the clams and mussels have opened. Discard those that have not opened, stir and taste. Adjust seasoning and then add all or some of the final finishes to your own taste, ending with a drizzle of lemon-infused olive oil.

Serve with toasted ciabatta bread spread with garlic & herb butter.

Serves 6 - 8