

Portuguese Fish Stew

Serves 4

Ingredients

2 tbsp olive oil
1 large onion, thinly sliced
½ small bulb fennel, thinly sliced
2 large cloves garlic, finely chopped
1 red pepper, deseeded and sliced
1 tbsp Spanish smoked paprika
½ tsp of saffron, mixed with a tablespoon of boiling water
2 tbsp red wine vinegar
300ml white wine
200ml hot fish or vegetable stock
4 tomatoes, deseeded and finely diced
50g tomato puree
400g charlotte potatoes, peeled cut into thick slices
400g fresh monkfish, cod or sea bass, skinned and cut into large chunks
12 large uncooked prawns, peeled and deveined
16 mussels, cleaned
Salt and freshly ground black pepper
Small bunch flat leaf parsley, finely chopped

Method

1. Heat the oil in a large deep sauté pan, add the onion and cook over medium heat for 5 minutes, stirring occasionally until the onions are soft but not brown. Add the fennel, garlic and peppers and fry gently for a further 3-4 minutes.
2. Stir in the paprika, saffron mixture, vinegar, wine, stock, diced tomatoes and tomato puree. Finally add the sliced potatoes, cover the pan and bring to the boil then simmer gently for 20 minutes or until the potatoes are cooked and the sauce has thickened. Season with salt and black pepper.
3. Place the monkfish on top of the sauce, cover and continue to cook over a gentle heat for about 3 minutes. Add the prawns and mussels, replace lid and cook for another 4 minutes, the mussels should now be open (discard any that have not opened) and the prawns pink and tender. Check seasoning and sprinkle over the fresh parsley.
4. To serve the stew place the potatoes in the base of each warm serving bowl, top with a portion of monkfish fish, 3 prawns, 4 mussels and some of the fish sauce.

Tip

Serve with toasted crusty bread and butter. Add a few prawns in the shells if desired.