

Sundowner Fish Recipes



Hearty Fish Stew

Serves 4

TYPES of FISH:

Blackfish
Codfish
Striped bass
Monkfish

Ingredients

1 1/2 lbs. Fish fillets, cut into chunks	1 pinch Red Pepper, crushed (to taste)
2 tbsp. Olive oil	2 cloves Garlic, chopped
2 tbsp. Butter	2 cups Tomatoes, fresh, coarsely chopped
2 tbsp. Parsley, minced, fresh	1 cup Tomato puree, unsalted
3 Onions, medium, sliced	1/2 cup White wine, dry
1 tbsp. Basil, minced, fresh, or 1 tsp. dried basil	1/2 cup Greek olives, pitted and halved
2 Bay Leaves	Pepper to taste

Method

In a large skillet, heat olive oil and butter. Sauté parsley, onions, basil, bay leaves and crushed red pepper over medium heat until onions are soft and translucent. Add garlic and sauté a bit longer. Add tomatoes, tomato puree, and wine. Simmer to blend flavors. Add fish chunks and olives. Continue cooking over low heat until fish begins to flake. Taste for seasoning. Serve with French bread.

Preparation time, 15-20 minutes