

Fish Stew

Serves 4

Cooking time 35 minutes

Ingredients

3 chopped white onions

3 chopped garlic cloves

4 tbsp Olive oil

100g finely chopped Pancetta

50g chopped Salami

400g diced new potatoes

2 sticks of celery- chopped

300ml white wine

$\frac{3}{4}$ pint fish stock

1 good dash Thai fish sauce

5 chopped fresh tomatoes

1 tbsp tomato puree'

A good handful of chopped parsley

1 fillet of haddock

2 fillets salmon

1 fillet cod

1 net of mussels

5 large prawns



Method

1. Slowly sauté the onions, garlic, pancetta, salami, new potatoes and celery in the oil for 10minutes.
2. Add the white wine and reduce for 5minutes

3. Add the fish stock, Thai sauce, tomatoes, puree' and parsley and simmer for 10 minutes.
4. Add the smoked haddock, cod, mussels and prawns and simmer for a further 10 minutes, gently turning the stew occasionally.
5. Serve with a wedge of lemon, crusty bread and good quality butter.

Tried and tested by the Onecall Hospitality tasting team

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