



Spanish Fish Stew

This recipe comes from the Basque area of Spain, via a restaurant (Kanata Seafood Grill) near Ottawa, Canada, then cooked in California. This is a nice, light stew, but still warm and filling for the winter months. One of the California contributions is to serve this with a sourdough, not French, baguette.

¾ lb fish filet (bass, halibut or other firm white fish) cut into bite size chunks
5 baby red potatoes
1 green bell pepper, julienned
½ red bell pepper, julienned
1 jalapeño pepper, chopped fine
1 yellow onion, small dice
1 zucchini medium dice
2 cloves garlic, sliced
3 cloves garlic, chopped fine
½ lb mushrooms (baby portabellas, ½ inch dice)
2 tbsp fresh rosemary, chopped fine
½ cup half and half
3 14oz cans diced tomatoes
2 tbsp butter
2 tbsp olive oil
salt
pepper
½ tsp cayenne pepper

Preparation

1. Precook the potatoes by dicing them (about ½ inch dice), and boiling for 10 minutes, then drain the potatoes.
2. Heat a soup pot, and add butter and olive oil. Saute the sliced garlic, onion and mushrooms.
3. Add the zucchini and peppers to the pot, then the potatoes. Then add the diced tomatoes and half and half. Bring to a boil, then reduce heat and simmer for 15 minutes. Add cayenne, salt and pepper to taste.
4. Add the fish and the fine chopped garlic, return to a boil, reduce heat and simmer for another 10 minutes.
5. Serve in bowls with sourdough baguette.

Serves 4-6

While this is a fish dish, the primary flavors are from the tomato-based stew, so a red wine will work well. We pulled out a Bodegas Montecillo 2001 Gran Reserva (Rioja, Spain) for this, decanted it, and it was delicious with the stew.

Recipe by Larry and Lori Lapidés, 1 November 2014.