

THE RECIPE

Fish and seafood stew

CULTURE

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FISH AND SEAFOOD STEW

This is a dish of mixed fish and vegetables, typical of seaside towns. It is a very old dish: in the time of Saint Elizabeth of Portugal, it was prepared without potatoes and tomatoes, which arrived in Europe after the discovery of the Americas. Here is the recipe as it is prepared today.

Ingredients (serves 6-8):

1.8kg of fish (pilchards, conger eel, dogfish, skate, catfish, bream, mackerel, monkfish, etc.)

150g shelled scallops

250g prawns

500g squid

300g ripe tomatoes

1kg onions cut into rings

400g tomato pulp

4 peppers (green and red) cut into strips

2 garlic heads, peeled and chopped

2 kg potatoes, sliced

1 bunch of chopped parsley for decoration

2 bay leaves

½ l olive oil

2 glasses of white wine

Paprika

Chilli pepper

Salt and black pepper

Preparation

In a large saucepan, arrange the onion rings, tomato, potatoes, garlic, fish pieces and peppers in alternating layers. Keep the scallops and prawns to one side.

Mix the tomato pulp, olive oil and white wine, season with salt, pepper, paprika, chilli and bay leaves and pour the liquid into the casserole, covering all the ingredients well. If necessary, add hot water or vegetable stock.

Simmer for 45 minutes.

Ten minutes before the end, add the scallops and prawns.

Sprinkle with fresh chopped parsley before serving.

Serve hot.