

fresh fish markets



featured recipe!

Sicilian Fisherman Stew

Serves 4

Ingredients

- 2 pounds mixed fresh fish fillets such as snapper, cod, sea bass, swordfish, and halibut, cut into large pieces
- 5 cups fish stock
- 2 tablespoons extra virgin olive oil
- 1 chopped onion
- 2 spicy red peppers chopped (serrano or cayenne would both work)
- 2 garlic cloves chopped
- 2 medium ripe tomatoes peeled, seeded, and finely chopped, with their juices
- 4-5 new potatoes chopped into squares
- 1/2 cup dry white wine
- Salt and freshly ground black pepper
- Fresh basil and crispy bread (like Ciabatta) for serving

Directions:

If using fish stock from our store, defrost the night before in the fridge. If using your own homemade stock, cook according to directions.

Heat the olive oil in a wide, heavy pot over medium heat, add the onions and garlic, and cook, stirring occasionally, until translucent, about 5 minutes. Add the spicy peppers, tomatoes, and potatoes. Raise the heat and bring to a simmer. Add 1/2 cup water and the wine.

Cook, partially covered, for 10 minutes. Add the fish, cover, and simmer for 12 to 15 minutes. Season with salt and pepper. Ladle out stew then add a 1/2 cup or so of fish broth over the stew. Serve with fresh basil and a good crispy bread if desired.