



## COOKING CUISINE

24th August 2022

### Caldeirada Portuguese Fish Stew

Serves 6

#### Equipment

- Large pot or Dutch oven

#### Ingredients

1. 3 tablespoons olive oil
2. 1 onion, diced
3. 4 garlic cloves, rough chopped
4. 2 tomatoes, diced
5. 1/4 cup white wine
6. 4 cups chicken stock (or fish stock, or use half clam juice)
7. 2 teaspoons fish sauce ( skip if using fish stock/clam juice)
8. large pinch saffron crumbled
9. 1/8 teaspoon ground cloves (or allspice) optional see notes
10. 1/4 teaspoon smoked paprika (optional)
11. 1/4 teaspoon salt
12. 1/4 teaspoon pepper
13. 2 bay leaves
14. 1–2 tablespoons fresh thyme (lemon thyme is nice)
15. 1 lb potatoes, cut into 1-inch cubes (yukon, baby red or white) thin skins ok -but peel russets. Or substitute cauliflower for broccoli or capsicum peppers
16. 1.5 lbs fish fillets- (boneless, skinless) wild cod, haddock, sea bass, salmon (or feel free to mix in or substitute shellfish- clams, mussels, shrimp, etc.) cut into 1 1/2-inch pieces.
17. Garnish: Lemon wedges, fresh Italian parsley or cilantro, parmesan shavings, crusty Bread, chili flakes

## Directions

1. In a large dutch oven or heavy bottom pot, heat oil over medium heat. Saute onion and garlic, stirring until softened, fragrant and golden, about 6 minutes. Add tomatoes and their juices. Cook until tomatoes soften, about 4 minutes.
2. Add the white wine, and simmer until most has evaporated, about 2-3 minutes.
3. Add stock, fish sauce ( or chicken broth), saffron, a pinch of ground clove or allspice, smoked paprika, salt, pepper, bay leaves and fresh thyme. Add potatoes and bring to boil. Cover and simmer on low heat until potatoes are fork-tender, about 15 minutes.
4. Add the fish, bring to a simmer over medium heat, give a gentle stir ( don't over stir or fish will break apart) and cook fish until it is just cooked through about 3-4 minutes. Turn heat off.
5. Taste broth. Adjust salt, adding more if necessary.
6. Garnish with fresh torn Italian parsley leaves, lemon wedges, chili flakes and crusty bread.

## Notes

- Traditional Portuguese Fish Stew differs from village to village and is typically made with the day's catch, or the addition of shellfish. Sometimes a combo of two types of fish, one oily and one not is also used. Some varieties include cured chorizo that has been browned which add depth and smokiness.
- You can substitute the fish stock.
- A pinch of cloves or allspice is optional – you'll see these in some Caldeirada recipes but not all. If in doubt leave out.