



Fisherman39s Stew

Savannah · 30/09/2024



Prep Time

45 mins

Dificult

Medium

Servings

4

Description

This simple recipe for fishermans stew has many advantages Its fast easy and doesnt require a ton of prep but the downside is that theres nowhere to hide subpar ingredients So unless youre going to splurge on the freshest sweetest most pristine seafood you can find you may want to look for another recipe Serve with crusty bread on the side

Ingredients

- - 1 cup canned crushed tomatoes (such as San Marzano) - $\frac{1}{4}$ teaspoon red pepper flakes
- or to taste - 2 cups water - 1 (8 ounce) fillet sea bass - 8 uncooked medium shrimp
- peeled and deveined - 8 ounces calamari rings and tentacles - 12 mussels
- cleaned and debearded - 12 clams in shell
- scrubbed - 2 tablespoons butter - 2 tablespoons olive oil - $\frac{1}{2}$ bulb fennel - cored
- thinly sliced
- and fronds reserved - 4 cloves garlic
- thinly sliced - salt to taste - $\frac{1}{2}$ cup white wine - $\frac{1}{4}$ cup freshly chopped parsley

Instructions

1. Combine tomatoes
2. red pepper flakes
3. and water in a measuring cup or bowl. Puree using an immersion blender until smooth. Cut sea bass into roughly 1 1/2-inch chunks to match the other seafood in size. Place sea bass
4. shrimp
5. calamari
6. mussels
7. and clams in individual dishes so they're ready to use. Melt butter and olive oil in a deep pan over medium-high heat. Add sliced fennel
8. garlic
9. and salt; cook and stir until garlic takes on color
10. about 1 minute. Stir in white wine. Let simmer until reduced by about half
11. 2 to 3 minutes. Stir in tomato broth base; bring to a boil and cook until fennel is tender
12. 2 to 3 minutes. Taste and adjust seasonings. Stir in parsley
13. sea bass
14. shrimp
15. and calamari. Add clams and mussels. Cover
16. increase heat to high
17. and cook until clam and mussel shells open and sea bass
18. shrimp
19. and calamari are opaque
20. about 5 minutes. Transfer to warm serving bowls. Garnish with reserved fennel fronds and serve. Chef's Notes You can use fresh tomatoes instead of canned; toss in a teaspoon of sugar if they aren't sweet enough. Also
21. feel free to use fish stock or clam juice instead of water. Since we don't season the fish and shellfish directly
22. be sure your brothy base is aggressively seasoned before you add your seafood. Any firm white fish will work
23. such as halibut or cod.