



Global Cuisine with a Conscience
Russell & Heather Thomas, Owners
www.twocookscateringonline.com

PORTUGUESE FISH STEW

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- 2 tbsp olive oil
 - 2 dried bay leaves
 - 1 tbsp finely chopped fresh garlic
 - 2 medium onions diced
 - 1 green bell pepper diced
 - 1/4 tsp ground allspice
 - 2 lbs. Yukon Gold or other all-purpose potatoes, peeled and sliced 1/3 inch thick
 - 4 C fish stock or water (as a last resort)
 - 2 C canned whole tomatoes in juice (from a 28-ounce can), cut into 1/2-inch dice (measured with their juice)
 - 6 oz. spicy chorizo sausage, casing removed and sliced 1/4 inch thick
 - Kosher salt and freshly ground black pepper
 - 2 lbs. skinless silver hake, cod, haddock, or bass fillets, pin bones removed
- 2 tbsp. fresh flat leaf parsley, chopped – for garnish

Heat a 4- to 6-quart heavy pot over medium heat and add the olive oil and bay leaves. Add the garlic as soon as bay leaves start to brown and cook, stirring constantly with a wooden spoon, until it is golden. Add the onions, bell pepper, and allspice and sauté, stirring occasionally, until the onions and peppers are softened but not browned.

Add the potatoes and stock; if the stock doesn't cover the potatoes, add just enough water to cover them. Turn up the heat, bring to a boil, cover, and cook vigorously for about 10 minutes, until they are soft on the outside but still firm in the center.



*Two Cooks Catering is a proud supporter of the Central Coast Grown Program.
We use fresh, local produce and other ingredients in the food we make.*



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Reduce the heat to medium, add the tomatoes and sausage, and simmer for 5 minutes. Season the mixture with salt and pepper.

Add the whole fish fillets and cook for 5 minutes, remove from the heat, gently stir in the cilantro, and allow the chowder to sit for 10 minutes. (The fish will finish cooking during this time.)

If you are not serving the chowder within the hour, let it cool a bit, then refrigerate; cover the chowder after it has chilled completely. Otherwise, let it sit for up to an hour at room temperature, allowing the flavors to blend.

When ready to serve, reheat the chowder over low heat; don't let it boil. Use a slotted spoon to spoon up the chunks of hake, the sausage, tomatoes, peppers, and potatoes in the center of large soup plates or shallow bowls, ladle the savory tomato broth over. Sprinkle with the chopped parsley and serve immediately.



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