

RECIPES. BEING PART OF YOUR PERFECT DISH.

Fish Stew
with Rosanna Onions
by GBC Tess Ward...

Serves 4

A versatile dish to bring a bit of sunshine to your kitchen. Serve this vibrant fish stew with crusty bread for a lovely warming meal on a chilly day

Ingredients...

2 tablespoons olive oil
1 Rosanna onion, chopped
3 garlic cloves, minced
18 green olives, quartered
1 (28-ounce) can diced tomatoes
3 cups fish or chicken stock or broth
1/2 cup chopped fresh flat-leaf parsley
2 tablespoons drained capers
1/4 teaspoon flaked red chilli
750g fish (I used a few uncooked prawns, salmon and sea bass fillets, cut into pieces to make up the weight)
Sea Salt, to taste
Freshly ground black pepper, to taste
Optional Garnishes: 1/2 cup chopped parsley, 1/2 cup toasted pine nuts

Method...

1. Add the oil to a large pot over medium heat. Add the chopped onions and cook for 5 minutes, until softened
2. Add the garlic and cook for a further minute. Add the olives, tomatoes, stock, parsley capers and chilli and bring to a boil. Half cover with a lid, turn down the heat and simmer for 10 minutes
3. Add the fish to the pot and simmer for 5-10 minutes. When the fish is cooked it should be opaque and flake easily with a fork. Season well with salt and pepper
4. Ladle the stew into bowls and garnish with extra parsley and pine nuts, if desired

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 **Rosanna
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