

MEDITERRANEAN FISH STEW

F EASY

Last Modified: 10/28/2017

PREP: 30 Min
COOK: 45 Min
STOVETOP & BROILER

SOUP-STEW

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1 1/2	Pounds	FIRM White Fish (Catfish, Monkfish, Cod, (Tilapia, Flounder, Grouper, Shark, etc.)	Cut in 1" Pcs
1	Pound	Shrimp (Should fit on a spoon)	NO Shells
2	14 1/2 Oz	Cans Petite Diced Tomatoes (Hunts)	Undrained
3	Large	Shallots	Minced
3	14 1/2 Oz	Cans Seafood Stock (Swanson)	
OR IF UNAVAILABLE			
3	14 1/2 Oz	Cans Vegetable Stock (Swanson)	
1/2	Cup	Dry White Wine (Chablis)	
1	Bulb	Fennel (Fronds Reserved)	Minced
1/8	Tsp	Crushed Red Pepper Flakes	
1	Bunch	Kale (Stemmed)	Coarse Chop
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

GARLIC TOASTS

1	Whole	French Baguette	Bias Sliced
6	Cloves	Garlic	Microplaned
3	Tbsp	Salted Butter	Softened

PREPARATION

FACTOID	DELICIOUS, fragrant and good for you. Choose the freshest Seafoods you like, and you can't go wrong. This dish is named (perhaps inappropriately) as a "Stew" because, the Broth is not really very thick. Dipping the crunchy Garlic Toasts into this especially fragrant Broth makes this indeed worth the small effort involved.
TOOLS	1) Large Saucepan & Lid 2) Aluminum Half Sheet Pan & Rack 3) Small Saucepan & Lid
PREP	DISH 1) Cut the Seafood into 1" chunks and set it aside. 2) Mince the Shallots and set them aside. 3) Mince the Fennel Bulb and set it aside. 4) Break off the Fennel Fronds from the heavy stalks and set them aside.
PREP	GARLIC TOASTS 1) Microplane the Garlic Cloves and set them aside. 2) Slice the Baguette on a bias into 1/2" thick slices and set them aside.
PREP	TOASTS: Preheat the broiler on high with a rack near the top.
1	TOASTS: Melt the Butter in the microwave for about 20 seconds. Stir in the Garlic and cook until the Garlic is fragrant, about 2 minutes more.
2	TOASTS: Heavily brush both sides of each Baguette slice with the melted Butter mixture. Place each slice (NOT touching) on the sheet pan rack.

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3	TOASTS: Broil the Toasts until lightly browned, turn over and brown the other side, about 1 minute per side. CAREFUL, they WILL burn rather quickly! Remove the sheet pan from the oven and set them aside to cool.
4	SOUP: In a large saucepan over medium high heat, add in the Stock, Wine, Tomatoes & Juice, Shallots, Fennel Bulb and Red Pepper Fakes. Bring it to a boil and lower the heat to a simmer. Simmer until the Vegetables are tender, about 15 minutes.
5	SOUP: Stir in the Kale and simmer for about 3 minutes. Stir in the Seafood and simmer until they turn opaque, about 5 minutes more.
CAUTION	This Stew does NOT re-heat well, because the Fish pieces will dissolve into nothing.
SERVE	In a warm Soup Bowl, ladle in the Stew and sprinkle the top generously with Fennel Fronds. Serve while hot with slices of Garlic Toast on the side.



