

Fish Stew



Ingredients: (serves 2)

1 piece sea bream or any firm white fish	salt and pepper to taste
1 carrot	Fish seasoning – optional
1 stick of celery	2 tbsp double cream
1 courgette	1-2 tbsp of butter
1 brown onion	Oil for frying
¼ cup of sweet corn	A little corn flour
2-3 cloves of garlic	
½ tsp dill	
1 handful fresh herbs: parsley or coriander	

Roux

1 tbsp butter
1 tbsp plain flour

Method:

1. Clean and fillet the fish with the skin on and separate into two halves.
2. Boil fish in water for 20 minutes, strain and reserve the bone free liquid stock.
3. Finely mince garlic and chop all vegetables into bite sized pieces.
4. Saute onion in melted butter until soft, then add garlic, vegetables, seasoning, salt and pepper, mix well and cook for 5 minutes
5. In a non-stick pan, make a roux by melting butter over a low heat and then adding flour, mixing well together and cooking for a few minutes until they form a paste.
6. Add the fish stock to the roux and whisk until all lumps disappear.
7. Add the cooked vegetables to the stock and if there isn't enough liquid to cover them, add water.
8. Simmer until all ingredients are soft.
9. As the stew simmers, rub some corn flour on the skin of the filleted fish.
10. Heat oil for frying and place fish skin side down in the pan.
11. There is no need to flip the fish. You can finish cooking it on the grill or ladle hot oil on to the top of the fish until cooked.
12. Alternatively, the filleted fish can be cut into chunks and simmered together with the vegetables.
13. Taste test and season as required. Add double cream and stir in chopped herbs.
14. Remove from heat and serve with fried fish, skin side up, on top of the stew.

*To make a seafood chowder, increase and use varied seafood and less vegetables.

**Add some white wine to serve French style. Bon appetit!

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