

Icelandic Style Fish Stew



Sirve:

6 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover

Valora: ★★★★★

Contribuido por:

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Descripción de la Receta:

Locally available fish is the highlight of this lighter version of stew popular in Nordic cuisine. New potatoes, seasonal heirloom tomatoes and herbs add fresh flavors.

Need a recipe for homemade fish stock? [This easy recipe](#) is the perfect one!

1 medium
onion, strung, use Cone #2
2 stalks celery, washed and finely diced
2 carrots, trimmed, scrubbed and finely diced
2 cloves garlic, shredded, use Cone #1
½ cup
white wine
(120
mL)
2 tablespoons
tomato paste
(33
g)
¾ pound
new potatoes, scrubbed, cut in halves or quartered
depending on size
(340
g)
2 quarts
fish stock, homemade or store bought
(1.9
L)
1 ½ pounds
firm white fish, cut into chunks (sea bass, cod, scrod or
other)
(680
g)
½ pound

shrimp, peeled and deveined, cut into chunks
 (227 g)
 2 cups
 tomatoes, seasonal variety, chopped, juices included
 (360 g)
 salt and pepper to taste
 2 tablespoons
 fresh parsley leaves, chopped
 (8 g)
 2 tablespoons
 chives, fresh minced
 (6 g)

Preparación :

1. Preheat roaster on medium heat. When several drops of water sprinkled in roaster skitter and dissipate, approximately 5 - 7 minutes, add onions, celery, carrots and garlic. Sauté for 6 - 8 minutes until onions are softened.
2. Add white wine and cook for 6 - 8 minutes until wine reduces slightly.
3. Add tomato paste, potatoes and stock. Cover.
4. When Vapo-Valve™ clicks steadily, reduce heat to low and simmer for 30 - 40 minutes until the potatoes are soft and cooked.
5. Add fish, shrimp and chopped tomatoes. Cover and cook for an additional 5 - 10 minutes, just until fish is cooked.
6. Taste fish stew and season with salt and freshly ground pepper.
7. Serve fish stew topped with chopped parsley and chives.

Consejos:

- Substitute fish stock for vegetable or chicken stock.
- Serve fish stew with hearty grain bread and butter, if desired.
- Substitute chives and fresh parsley for other fresh herbs, such as thyme, basil or cilantro.
- Add in 1 - 2 cups of cream at the end of cooking for a very rich stew.

Información nutricional por ración

Calorías: 302
Grasa Total: 6g
Grasa 1g
Saturada:
Colesterol: 107mg
Sodio: 749mg
Carbohidratos: 20g
Fibra 4g
Dietética:
Azúcar: 5g
Proteína: 38g
 Nutritional analysis calculated using 1½ pounds sea bass