

Ultimate Fish Stew Recipe

This is an impressive looking dish but so simple to make, and goes perfectly with some warm crusty bread. The other beauty of this dish is it is all cooked in the one pot, therefore not much cleaning up required afterwards! I have used an assortment of fish and shellfish for this recipe, but you can use any kind you like. If you cannot get razor clams, mussels or clams also work well.



Ingredients (Serves 2)

For the Fish Stew

2 small Salmon Fillets
2 small fillets of Plaice
2 small fillets of red snapper
6 Razor Clams
6 Prawns
1 Clove Garlic finely sliced
400g Tin Plum Tomatoes
1 chilli finely sliced
250ml White Wine
Small Handful of Basil Leave's torn and Stalks finely chopped
Fennel Leaves

For the Aioli

1 egg yolk
1 lemon
1tsp Dijon Mustard
250ml Olive Oil
Pinch of Saffron
1 Garlic Clove



Method

First make the Aioli. Whisk the egg yolk with the mustard in a large bowl. Slowly add in the oil whisking continuously. If it looks like it is splitting add in a touch of hot water. When all the oil is added you will have a mayonnaise. Add a good squeeze of lemon juice and salt to taste.

In a pestle and mortar smash the garlic clove with the saffron and a squeeze of lemon juice. When a paste is formed, add a tablespoon of the mayonnaise and continue to pound. Stir in the rest of the mayonnaise then season again to taste.



Heat a splash of olive oil in a large wide saucepan over a medium heat. When hot add the garlic, chilli and basil stalks. Fry until lightly golden but be careful because the garlic can burn easily. Once golden add the wine and tomatoes. Bring to the boil then simmer for 15 minutes.

While the sauce is simmering, prepare your fish. Rinse the clams under cold water, de-bone the fillets and remove the intestinal tract from the prawns.

Add the prepared fish to the pan with the razor clams and prawns on top. Cover with a lid and cook for 10 minutes. After 2 minutes (or when they open) remove the razor clams. Take the clam flesh from their shells and chop into roughly 1 cm pieces. Save 2 of the shells to be used in the presentation.



When the other fish has cooked, divide evenly and spoon into warm bowls. Top with a razor clam shell and fill with the chopped clam meat. Spoon over the tomato sauce. To finish add a dollop of Aioli and scatter over the basil and fennel leaves.

Enjoy!