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April's Tasty Recipe List

The theme for March is open water fishing. The following recipe is provided to inspire you to kick start your fishing trip. Visit www.take-it-outside.org for event listings, outdoor activities describing seasonal & natural events, a new recommended reading list each month, and much more!

Seafood Stew

- 3 Italian Roma tomatoes
- 5 garlic cloves, peeled
- 1 tablespoon olive oil
- 1½ onions, julienne
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- ½ cup dry white wine
- 1 quart fish stock
- 3 small boiling potatoes, peeled, cut in half lengthwise, then into 1/8-inch slices
- 2 carrots, peeled, cut in half lengthwise, then into 1/8-inch slices
- 1 Morita chile stemmed, seeded and julienned
- 1½ pounds assorted fish fillets, such as, flounder, sea bass, snapper, cut in 2-inch chunks
- 1/2 cup chopped cilantro leaves, for garnish
- Lime wedges, for garnish

Preheat the broiler. Place the tomatoes and garlic on a baking tray and broil until the tomatoes are charred all over and garlic is golden. (Tuck the garlic under the tomatoes as necessary to prevent burning.) Transfer to a blender and puree.

Heat the olive oil in a heavy soup pot over moderate heat. Cook the onions with the salt and pepper until translucent. Pour in the wine, turn the heat up to high and reduce by half. Pour in the fish stock and bring back to a boil. Add the potatoes, carrots, garlic tomato puree and morita chile and cook 3 to 5 minutes. Add the fish. Cook 2 to 3 minutes, until the fish is just done. Sprinkle in the cilantro and serve immediately with lime wedges.