

Sunvil Supper Club

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September 2012 - Paxos Fish Stew



Ingredients

30ml olive oil
2 medium onions, peeled and diced
2 garlic cloves, chopped or pressed
4 lengths of celery, chopped
4 large tomatoes, skin removed
1 tblsp of Paprika
2 bay leaves
300g potatoes, peeled and chopped
100ml red wine
200ml vegetable stock
Salt and Pepper to taste
Small bunch of chopped parsley
2 fillets of white fish; traditionally grey mullet or sea bream would be used.

Prawns, clams or other sea-food may also be added

In a heavy saucepan heat the olive oil gently, before adding the onion, garlic and chopped celery. Sauté these until they have softened.

Once soft, add the chopped skinless tomatoes, paprika, bay leaves and the chopped potatoes. Combine with the onion mixture, and pour the vegetable stock and wine into the pan. Ensure that all the potatoes are covered by the liquid, adding a little extra water if necessary. Allow to cook on a medium heat for 20 minutes, or until the potatoes are cooked through. Remove the bay leaves, taste the stew and season.

Chop the fish fillets into 2 inch sections, and add to the stew. Turn the heat down to low, and allow the fish to cook until it is opaque all the way through begins to flake – around 8 minutes. If you have decided to include prawns, clams or other seafood, add these to the stew around two minutes before the end of cooking. Taste and season once again. Sprinkle each portion with a little chopped parsley.

Serve with crusty bread and a fresh salad.

The coastline of Paxos is not only stunningly beautiful, it's also home to a number of different types of fish and seafood - so you're often likely to be offered 'Catch of the Day' at local restaurants! This fish stew is typical of the type of dish found in Paxos - a hearty meal full of flavour. Grey Mullet and Sea Bream are often caught in the waters of Paxos and in this dish they work well with the garlic and red wine flavours - but any firm white fish will suffice if they're not available.

For more information about Paxos, take a look at the Paxos Guide from Sunvil: <http://www.sunvil.co.uk/holidays/greece/paxos>