

Monkfish Seafood Stew



Serves 4-6

Ingredients

- 16 raw shell-on 16/20 shrimp
- 1 lb Monkfish fillet cut into 2 ½ inch pieces
- 30 raw mussels, cleaned to serve
- ¾ quart fish stock or water
- 3 tbsp red wine vinegar
- 1 tbsp sugar
- 2 Tbls olive oil
- 2 Tbls unsalted butter
- 5 cloves minced garlic
- ½ medium onion chopped
- 1 stick celery chopped

1 green pepper deseeded and chopped

¼ white wine

1 tsp kosher salt

1 tsp black peppermill

1 tsp red chili flakes

14 ounces chopped tomatoes

1 tsp oregano

Handful chopped parsley

Instructions

Remove the shells from the shrimp but leave the last tail segment of the shell in place. Simmer shells in the stock or water for 20 minutes, then strain and discard them. Set the stock aside and add to the stew later. Bring the vinegar and sugar to the boil in a small pan and reduce to a couple of teaspoons. Heat the olive oil and butter in a saucepan, add the garlic, onion, celery, and green pepper and sweat for 6–8 minutes. Add the white wine, salt, pepper, chili flakes, tomatoes, then the fish stock and the vinegar reduction. Simmer for 30 minutes, adding the oregano for the last 5. You can make this base in advance if you like. To finish, bring the stew base to the boil. Add the shrimp, the monkfish, and mussels, put a lid on the pan and cook for 5 minutes. Toast the sourdough, then singe the slices slightly on a gas flame. Rub the toast with the garlic and sprinkle with olive oil. To serve, sprinkle with parsley.