

# Recipe- Italian (Sicilian) Fish Stew

Adapted from The Boston Globe, Boston.com 2-20-08 (© The New York Times Company)

**Ingredients** (serves 6 generously) *Can be scaled down for 2 or 4 people.*

Olive oil- 2 Tbs

Spanish onion, small dice- 1 medium

Garlic, minced- 1 medium clove

Tomatoes, canned, whole peeled, with juice- 1 28-oz can

Tomato sauce- 1 cup

Water- 2-3 cups

Dry red wine- 1 cup

Potatoes, boiling type, scrubbed and cut into 1/2" pieces- abt 1.5 lb

Sicilian green olives, pitted and quartered- 1/2 cup

Cod, skinless and boneless- 2 lb (or other thick-ish white fish fillets)

Fresh basil, chopped- 2 Tbs

Fresh parsley, chopped- 2 Tbs

Fresh Oregano, chopped- 2 Tbs

Salt & pepper- to taste

## Method

Crush the tomatoes in a bowl. Go over the cod with your fingers before using, and remove any bones that you can see (or feel) with pliers. Cut the cod into ~ 2" squares and refrigerate until used. In a large, heavy flameproof casserole that can be used on the table, heat olive oil and add onion. Sweat for 3-6 minutes, until beginning to become translucent, then add garlic. Cook one minute more, then add tomatoes, their juice, tomato sauce, 2 cups of water, and the wine. When simmering, add potatoes, and add more water if the stew seems too dry, remembering that you will be adding the cod, too, later on. When stew returns to a simmer, cover and cook about 20-30 minutes or so until potatoes are just barely tender. Add olives. It can be prepared ahead to this point and either held at room temperature or refrigerated if you're holding it for more than an hour or so. If you've refrigerated the stew, re-heat until barely simmering; season the fish and add it to the stew. Turn the heat up a bit, and simmer for 8 minutes or so, until the fish is opaque. Remove a larger piece of the fish and cut it in half, to see if it's done. When the fish is done, add the herbs, stir to distribute, and then season to your taste with salt and pepper. Serve immediately with fresh bread.