

The Belair Road Eatery's Fish Stew (B-more Style)

5 tb Extra Virgin Olive oil 2 Clove garlic; peeled 4 md Potatoes; peeled and diced 1/2 lb Flounder or cod 1/2 lb red snapper fillets; cut in chunks 1/2 lb shark or mahi mahi, or catfish cut in chunks 4 c Fish stock -=OR=-2 Bottles clam juice w/2 c Water 1 cn Italian sytle stewed tomatoes 1/2 c Dry white wine 1/2 ts Crushed fennel seed 1 Bay leaf 1 ts Salt 1/8 ts Crushed red pepper Pepper to taste 3 tb Chopped parsley 1 tablespoon fresh oregano, chopped 1 tablespoon fresh basil, chopped 2 tablespoons corn starch

Heat oil in Dutch oven. Add garlic; sauté until well browned. Discard garlic. Add potatoes To Dutch oven, cook, stirring constantly, until lightly browned. Add fish, stock, tomatoes, wine, fennel, bay leaf, salt, crushed red pepper, oragano, basil, and pepper. Bring to a boil, then immediately reduce heat and simmer for 20-25 minutes or until fish and potatoes are tender. Remove bay leaf. Add corn starch to 1/4 cup water, add to stew, let thicken slighty.

Serve sprinkled with parsley. and hushpuppy's are wonderful with this stew. For a variation, add 1/4 cup sliced red bell pepper, and use red potatoes and leave skins on.

or try using diced spring onions instead of parsley Please enjoy... Karl