

Icelandic Style Fish Stew



Makes:

6 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover

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Contributed By:

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Recipe Description:

Locally available fish is the highlight of this lighter version of stew popular in Nordic cuisine. New potatoes, seasonal heirloom tomatoes and herbs add fresh flavors.

Need a recipe for homemade fish stock? [This easy recipe](#) is the perfect one!

1
medium
onion, strung, use Cone #2
2
stalks celery, washed and finely diced
2
carrots, trimmed, scrubbed and finely diced
2
cloves garlic, shredded, use Cone #1
1
?2
cup
white wine

(120

mL)

2

tablespoons

tomato paste

(33

g)

³?₄

pound

new potatoes, scrubbed, cut in halves or quartered depending on size

(340

g)

2

quarts

fish stock, homemade or store bought

(1.9

L)

1 ¹?₂

pounds

firm white fish, cut into chunks (sea bass, cod, scrod or other)

(680

g)

¹?₂

pound

shrimp, peeled and deveined, cut into chunks

(227

g)

2

cups

tomatoes, seasonal variety, chopped, juices included

(360

g)

salt and pepper to taste

2

tablespoons

fresh parsley leaves, chopped

(8

g)

2

tablespoons

chives, fresh minced

(6

g)

Directions:

1. Preheat roaster on medium heat. When several drops of water sprinkled in roaster skitter and dissipate, approximately 5 - 7 minutes, add onions, celery, carrots and garlic. Sauté

for 6 - 8 minutes until onions are softened.

2. Add white wine and cook for 6 - 8 minutes until wine reduces slightly.
3. Add tomato paste, potatoes and stock. Cover.
4. When Vapo-Valve? clicks steadily, reduce heat to low and simmer for 30 - 40 minutes until the potatoes are soft and cooked.
5. Add fish, shrimp and chopped tomatoes. Cover and cook for an additional 5 - 10 minutes, just until fish is cooked.
6. Taste fish stew and season with salt and freshly ground pepper.
7. Serve fish stew topped with chopped parsley and chives.

Tips:

- Substitute fish stock for vegetable or chicken stock.
- Serve fish stew with hearty grain bread and butter, if desired.
- Substitute chives and fresh parsley for other fresh herbs, such as thyme, basil or cilantro.
- Add in 1 - 2 cups of cream at the end of cooking for a very rich stew.

Nutritional Information per Serving

Calories:

302

Total Fat:

6g

Saturated Fat:

1g

Cholesterol:

107mg

Sodium:

749mg

Total Carbs:

20g

Dietary Fiber:

4g

Sugar:

5g

Protein:

38g

Nutritional analysis calculated using 1½ pounds sea bass