

Icelandic Style Fish Stew



Makes:

6 servings

Utensil:

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

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Recipe:

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
½ cup
white wine
(120
mL)
2 tablespoons
tomato paste
(33
g)
¾ 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 ½ 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 20g

Carbs:

Dietary Fiber: 4g

Sugar: 5g

Protein: 38g

Nutritional analysis calculated using 1 1/2 pounds sea bass