



SALT & SILVER FISH STEW



Serves 6

INGREDIENTS

- 1 cooking onion
- 1 bulb of fennel
- 1 red chilli pepper
- 1 clove of garlic
- 2 tomatoes
- 200 g cherry tomatoes
- ½ bunch flat-leaf parsley
- 3 tbs Olive oil
- 700 g mussels (shells on)
- 500 g cockles
- 200 ml dry white wine
- 250 ml vegetable stock
- 250 ml fish stock
- sea salt
- freshly ground black pepper
- 2 lemons (organic)
- 700 g fish fillet
(e.g. Cod, Sea Bass, Monkfish)

PREPARATION

Rub down the onion skin with kitchen roll and halve it. Clean the fennel, cutting off and keeping the green ends; then dice the fennel. Halve the chilli lengthways, removing the pips. Mince the garlic; wash the tomatoes, removing their stalks and then dicing them. Wash the cherry tomatoes and the parsley, shaking the latter dry and chopping coarsely. Scrub the mussels thoroughly in cold water.

Heat two tablespoons of oil in a pot on a gas hob. Fry off the vegetables and mussels for around five minutes, deglazing with white wine and then adding the vegetable and fish stocks; simmer for a further ten minutes in a closed pot. Season with sea salt and freshly ground pepper. Slice the lemon and stir it into the soup with the parsley.

Chop the green part of the fennel (not too finely). Wash the fillet(s) of fish, pat dry with kitchen roll, and cut into bite-sized chunks. Heat the remaining oil in a pan and fry the pieces of fillet, turning regularly. Season with sea salt. Pour the stew into bowls and add a few pieces of fried fish fillet to each bowl, garnishing with the chopped fennel.

