

Jason Pettit – Capital Radio Recipe



Easy Portuguese Fish Stew

This is a classic dish from The Algarve region of Portugal. Locally, it is known as 'Cataplana' which is also the name of the lidded pot that it is cooked in.

Seasonal shellfish and sausage are cooked in a rich broth of tomato, pepper and saffron.

Serve with any fresh bread such as sour dough or baguette.

Ingredients

¼	cup	olive oil	
2	med	onions	(peeled & sliced thinly)
1	large	red pepper	(de-seeded & sliced thinly)
1	large	green pepper	(de-seeded & sliced thinly)
2	large	garlic cloves	(peeled & sliced thinly)
200	gram	chorizo	(peeled & sliced 5mm thick)
2	each	bay leaves	
½	cup	white grape juice	
1	cup	vegetable stock	
1	tin	chopped tomatoes	
1	pinch	saffron	(soaked in 1 Tbsp warm water)
1	Tsp	smoked paprika	
400	gram	prawns	(shell on)
400	gram	mussels	(cleaned)
400	gram	clams	(cleaned)
1	handful	fresh parsley	(chopped)
		salt & black pepper	

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Method

Heat a heavy based pan over a moderate heat and then add the sliced chorizo. Allow the fat to render and melt out and flip the slices over. Once lightly coloured on both sides, remove from the pan and set aside.

Add the olive oil to the pan and once hot, add the onions and cook until soft.

Add the garlic and pepper slices, season lightly with salt.

Increase heat to medium high and sauté until lightly coloured. Stir in the paprika.

Add the grape juice and stock and bring to the boil then add the saffron and chopped tomatoes.

Bring back to the boil then reduce heat and simmer for a few minutes.

Taste and season accordingly.

Add the chorizo slices, mussels and clams and stir to submerge in the sauce.

Arrange the prawns over the sauce in a single layer.

Cover with a tight-fitting lid and allow to simmer until the prawns are just cooked and the shellfish have opened – approx. 3 -4 minutes.

Once cooked, scatter the chopped parsley over and stir once or twice then cover with the lid again.

Serve family style in the centre of the table with crusty bread.

Notes from the chef:

Seasonal shellfish work best for a rich and hearty flavour.

The weight of shellfish can be reduced, and the weight made up of other fresh seafood cut into chunks.

Soaking the saffron allows the dry stems to regenerate and release their fragrance into the sauce rapidly.

Shell on prawns will add a greater depth of flavour to the finished sauce but if you prefer your prawns peeled, then simply leave the tail on.

For a real party / celebration feast, substitute some of the shellfish for lobster and / or langoustines!

Tbsp - tablespoon

Tsp – teaspoon

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Notes from the chef for a Vegan Version;

Options

Replace the chorizo with portobello mushrooms.

Replace the shellfish with a mix of firm tofu cut into chunks and seasonal vegetables and cooked chickpeas.

Tbsp - tablespoon

Tsp – teaspoon