PORTUGUESE FISH STEW

INGREDIENTS

-4-5 tablespoons of pancetta
-1 onion chopped small
-¼ fennel chopped small
-2 springs rosemary & thyme (chopped)
-2 carrots & 2 celery stalks, chopped small
-2 cups fresh spinach leaves
-1 green onion with greens
-2 small potato chopped
-2 cloves of garlic chopped
-Kitchen76 olive oil
-Salt

-1 red chili chopped
-2x 6 oz cod cut into cubes
-2x 6 oz fresh Atlantic salmon- cubed
-1 cup/can of clams with juice (no shell)
-1 bag of medium size shrimp cut in half (deveined and shells off)
-1 cup of white wine
-2 pinches of saffron
-2 cups of crushed plum tomatoes
-2 cups of fish stock

DIRECTIONS

Heat up ¼ cup of olive oil over medium heat with chili, garlic and herbs. Cook for 3 minutes to flavour oil. Add pancetta, onion, and salt to taste. Cook until pancetta is golden. Add the rest of the vegetables and cook for 5 minutes to combine. Add plum tomatoes and saffron. Salt to taste with chili (optional). Cook for 10-15 minutes. Add fish stock and white wine. Bring to a boil then lower heat and continue cooking for 20 minutes.

Add all fish and clams with juice. Continue cooking for 10 minutes, then add shrimp and cook for another 10 minutes. Season to taste.
Turn off the heat and let sit for about 10 minutes. Add spinach then spring onion and stir to wilt. Squeeze some lemon when ready to serve with crusty bread and enjoy with Chardonnay or Eagle Eye!

WINE PAIRING

The 2021 Barrel Fermented Chardonnay provides the perfect texture and range of flavours to complement this stew. Time in barrel allows the wine to build concentration, texture and flavour. The delicate fruit notes in the chardonnay play off against the seafood complexity of the stew, amplifying the delicious salmon, clam and fish sauce notes in the dish. There is also a lovely connection between the oak, ginger and sweet spice notes in the wine, and the herb and spice subtleties in the stew. This memorable pairing is a symphony of flavours you will want to experience again and again!

TWO SISTERS