

# Rich Fish Stew

PREP TIME: 1 hour

COOKING TIME: 1 hour

SERVES: 10

## Ingredients...

1760ml water

320g **Essential Cuisine Lobster Sauce Base**

200ml double cream

50g butter

1 sprig of rosemary and thyme

1 shaving orange peel

150ml white wine

3 shallots finely chopped

3 garlic cloves finely crushed

10 tomatoes peeled, de-seeded and diced 1cm cubes

300g salmon diced

300g hake diced

200g squid cut into rings

100g prawns de-skinned 30-40 mussels

Spring onions finely sliced

1/2 bunch flat parsley chopped

Salt and pepper

## Method...

1. Mix the [Essential Cuisine Lobster Sauce Base](#) with the 1760ml water. Bring to the boil, whisking constantly. Simmer for 2 minutes then add the cream. Return to the boil and set aside

2. Sweat the shallots and garlic together with the rosemary, thyme and orange peel. Add the white wine and reduce. Remove the stalks of the herbs and the peel

3. Add the [Essential Cuisine Lobster Sauce Base](#). Whisk in the butter

4. Gently place the salmon and hake in the sauce and simmer for 2 minutes. Add the mussels, the prawns and the squid. Simmer until the mussels are all open and the prawns have gone a pink colour all the way through

5. Mix in the diced tomato and the parsley. Check seasoning, adding a little lemon juice if required

6. Serve immediately with crusty bread and sprinkled with the spring onions

## Chefs Tip

For an Asian twist add 400ml coconut milk and 40g [Essential Cuisine Asian Aromatic Base](#). Reduce the water to 1500ml. Replace the parsley with coriander