

## PORTUGUESE FISH STEW

SERVES: 04

PREP TIME: 00 hr 20 min

COOK TIME: 00 hr 15 min

### INGREDIENTS

- 1 onion
- 3 tablespoons butter
- 1 red pepper
- 1 teaspoon oregano
- 4 cloves garlic
- 1 teaspoon thyme
- 1 chilli pepper
- 1 8oz can of diced tomatoes
- 1 lb Portuguese sausage (linguica or chourico cut into small pieces)
- 2 boxes of chicken broth or 4 cups of homemade chicken stock.
- 1/2 lb shrimp, 1/2 lb scallops, 1 lb haddock, 1 lb of mussels
- 2 Potatoes (diced)
- Sea Salt and freshly ground pepper (to taste)
- Fresh parsley
- Hot pepper sauce of your choice



### DIRECTIONS

- In a large dutch oven or pot, melt the butter, add the chopped onion, red pepper, chilli pepper, and garlic.
- Saute until its soft.
- Add the chourico or linguica sausage and cook for a few minutes longer.
- Add the canned tomatoes and diced potatoes if you are using it.
- Add oregano, thyme, salt and ground pepper.
- Stir until it is well combined and add the stock or combination of stock and wine.
- Simmer for 10 minutes, until the potatoes are tender.
- Add the mussels, let cook for a few minutes, then add in other fish and simmer a little longer until cooked, about 3 to 5 minutes.
- Garnish with fresh parsley and add hot pepper sauce if needed (to taste).

FOR A PINCH OF *Seabra's* FLAVOR...

Serve with a side of sourdough bread to eat alongside the stew!