



**NEW EPISODES
MONDAYS
AT NOON EST**

"Culinary Boot Camp: Fish" Fish Stew

**6 tbsp olive oil
1 cup chopped onions
2 large garlic cloves, chopped
2/3 cup fresh parsley chopped
1 cup fresh chopped tomato (medium sized)
2 tsp tomato paste
8oz clam juice (or shellfish stock)
2/3 cup dry white wine
1 1/2 fish fillets *Use halibut, cod, sole, red snapper, sea bass) cut
into 2 inch pieces
Touch of dry oregano, Tabasco, thyme, salt, pepper**

Heat olive oil in heavy large pot or Dutch oven over med high heat. Add chopped onion, garlic and sauté 4 minutes. Add parsley and stir 2 minutes. Add tomato, tomato paste, and cook 2 additional minutes. Add clam juice, dry white wine, and fish. Simmer until fish is cooked through, (less than 10 minutes).

Add seasoning, salt to taste. Ladle into bowls and serve.

Do not to contaminate cooked food or vegetables with the utensils used to cook raw fish, and wash utensils and hands thoroughly in between handling.