

Spanish Fish Stew with Almond Crust

One to try from Thomasina Myers.

Planning

serves:	4
prep time:	
cooking time:	

Ingredients

4 tbs Olive Oil
2 medium onions, finely chopped
1 fennel bulb, trimmed & chopped
4 cloves garlic, sliced
42 tsp fennel seeds, roughly ground
1 chile de árbol
2 hefty pinches saffron
3 cloves garlic, finely chopped
2 x 400g tins tomatoes
500ml fish stock
600g new potatoes, in large chunks (~2 cms)
900g cod (or similar), in large chunks (~3cms)
100g blanched almonds
1 tsp pimenton (sweet smoked paprika)
Salt & pepper

Method

Preheat the oven to 180°C/350°F/Gas 4.

In a large casserole over medium heat, sweat the onions, fennel, sliced garlic, fennel seeds, chilli and saffron for 10 minutes. Season generously with salt and pepper. Add the chopped garlic and cook for another 5 minutes. Add the tomatoes, breaking them up with a wooden spoon, before adding the stock and potatoes. Simmer for 20-25 minutes, or until the potatoes are cooked.

While the potatoes are cooking, bake the almonds in the oven for 5-10 mins until they are a pale golden colour. Roughly chop the almonds to make a coarse crumb before stirring in the paprika and 1 teaspoon salt.

When the potatoes are cooked, stir the fish into the stew and cook for 5 minutes or until the fish chunks are just cooked through.

Spoon into hot bowls and sprinkle over some of the spiced almond crumb.