

Recipes

from Eastern Fisheries



HEARTY SOLE STEW

PREP TIME: 10 MINUTES | TOTAL TIME: 35 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS:

1 pound sole
2 small leeks, white and light green parts only
7 ounces of chourico
5 medium red potatoes, cut into cubes
1 tablespoon olive oil
3 cloves garlic, minced
1 14 oz. can diced tomatoes
½ cup dry white wine
¼ cup fresh flat leaf parsley, chopped
Salt and black pepper, to taste

DIRECTIONS:

Heat a pot of salted water and boil the cubed potatoes until tender, about 10-15 minutes, drain and set aside. Wash the leeks well, and cut into ½ inch pieces. Cut the chourico in half lengthwise and cut into 1/8 inch thick pieces.

In a large, heavy pot, heat the oil over medium high heat and add the chourico and leeks. Cook about 6 minutes until the leeks just begin to soften. Reduce heat to medium, add the minced garlic and cook for 1 minute more. Stir in the whole can of tomatoes with their juices, the white wine, and 1 ½ cups water, add salt and pepper to taste.

Bring to a boil, reduce the heat and simmer for 12-15 minutes. Add the cooked potatoes and half of the chopped parsley to the pot. Roll up each sole fillet, gently place in pot and simmer for 4-5 minutes, until fish begins to flake.

Serve in soup bowls with crusty bread. Garnish with fresh parsley.



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