

Seafood Stew

Prepared by Chef Victor Vieira

Feeds 4 people

1 1/2 lb whiting
1 1/2 lb skate wings
1 1/2 lb shark
1 lb diced peppers
1 lb diced onions
1 lb backyard tomatoes
1 lb potatoes diced small
1 head of garlic chopped
1 cup white wine
1/4 cup tomato paste
Salt & pepper to taste
1 quart of water
1 French Baguette for serving
1/4 cup Virgin olive oil

Add the onions, peppers, tomatoes to a braising pan and sauté for 5 minutes while stirring. Add garlic and tomato paste and continue to cook for another five minutes. Deglaze with white wine and bring to a boil. Add water and potatoes along with your seafood and cook until potatoes are fork tender. Place in a bowl and serve with French bread wedges.