



Chef ETL's Catalan Fish Stew (Suquet)

Servings: 8

Preparation Time: 1 hour

Start to Finish Time: 3 hours 30 minutes



Suquet, a rich fisherman's stew filled with fish and shellfish, shares flavors with bouillabaisse, but its standout feature is picada – a savory blend of fried bread, almonds, garlic, and parsley used for thickening and enhancing the dish.

FOR THE BROTH:

- 3 8-oz btls clam juice
- 1 cup vegetable broth
- 1 each Ancho chile pepper, dried (seeds removed)
- 12 large shrimp, large (31/35 count), peeled and deveined (reserve shells)

FOR THE PICADA:

- 4 tablespoons olive oil (divided)
- 1/2 cup bread cubes
- 6 cloves garlic, smashed
- 1/2 cup slivered almonds
- 1/4 cup fresh parsley, chopped and blanched
- 1 pinch saffron threads

FOR THE STEW:

- 1 each leek, diced (white and light green parts only)
- 2 tablespoons olive oil
- 1/2 cup carrots, diced
- 1/3 cup celery, diced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon paprika
- 2 each bay leaves
- 2 teaspoons garlic, minced
- 2 tablespoons tomato paste
- 1/3 cup dry white wine
- 3 14.5-ounce can tomatoes, diced, canned
- 1/2 pound cod, cut in to 2" pieces
- 1/2 pound sea bass, cut in to 2" pieces
- 1/2 pound mussels, scrubbed and debearded
- 1/2 pound clams, littleneck, scrubbed
- 1 pinch salt
- 1 pinch fresh ground pepper
- 1 loaf crusty bread (for serving)

BROTH (5 minutes):

Heat clam juice, vegetable broth, ancho chili pepper, and reserved shrimp shells in a saucepan over low heat; keep mixture warm.

PICADA (10 minutes):

Heat 2 tablespoons oil for the Picada in a heavy-bottomed pot over medium-high heat. Add bread; fry until golden.

Transfer bread crumbs to a food processor.

Add smashed garlic cloves, almonds, and remaining 2 tablespoons oil to the pot. Fry garlic and almonds until golden, 1 minute. Add to food processor.

Add parsley and saffron to food processor. Pulse until combined. If picada is dry, add warm broth by the tablespoon until it resembles a paste. Set aside.

STEW (1 hour):

Caramelize leeks for the stew in the pot in 2 tablespoons oil over medium-low heat, about 10 minutes.

Stir in carrots, celery, thyme, paprika, bay leaves and minced garlic. Simmer covered until carrots are soft, stirring occasionally for about 10 minutes.

Stir in tomato paste. Deglaze pot with wine, simmering until liquid nearly evaporates, about 5 minutes.

Stir in drained tomatoes; simmer until their juices are released and evaporate, 15-20 minutes.

Sometimes, investing that extra time and effort to attain a coveted 5-Star culinary rating becomes truly rewarding when the results surpass expectations. This Catalan Stew recipe demands a bit of additional preparation, requiring meticulous arrangement of ingredients and thorough fish prepping. Nevertheless, once completed, your friends and family will undoubtedly exclaim that this fish stew is an explosion of flavors. Similar to a classic bouillabaisse, it boasts an array of fish and shellfish, offering a diverse and enriching gastronomic experience.

Suquet [SU-ket], a traditional fisherman's stew, overflows with an abundance of fish and shellfish. If you draw comparisons to bouillabaisse, it's entirely justified. Many of bouillabaisse's signature elements, such as garlic and saffron, play prominent roles in this stew as well. What truly distinguishes suquet is its incorporation of "picada" - a mixture of fried bread, almonds, parsley, and garlic ground together to both thicken the stew and infuse it with an abundance of rich flavors and delightful textures.

Serving Ideas: Suquet is typically served with crusty bread or a side of rice to soak up the flavorful broth. A simple salad or steamed vegetables can also complement the dish, providing a refreshing contrast to the rich and hearty stew.

Serve stew atop Manzilla Potatoes (see recipe) or spaghetti.

Per Serving (excluding unknown items): 431 Calories; 17g Fat (34.5% calories from fat); 48g Protein; 23g Carbohydrate; 4g Dietary Fiber; 248mg Cholesterol; 1116mg Sodium; 8g Total Sugars; 2mcg Vitamin D; 223mg Calcium; 6mg Iron; 1343mg Potassium; 593mg Phosphorus. Exchanges: .

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Add clams.

Strain shells from warm broth and stir broth into stew.

Add fish and mussels stirring gently to submerge in broth. Cook 5-7 minutes.

Stir in shrimp. Cook until shrimp turn opaque, 3-5 minutes.

Add picada, gently stirring to thicken stew; season to taste.