

1. Bermuda Fish Chowder (300)

Bermuda Fish Chowder Recipe:

Prep Time: 30 mins

Cooking Time: 2 hours

Total Time: 2 hours 30 mins

Serves: 10

Ingredients

- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 3 large onions, chopped
- 8 stalks celery, chopped
- 1 clove garlic, minced
- 2 green bell peppers, cored, seeded, and chopped
- 1 (28-ounce) can whole tomatoes, undrained and chopped
- 1 (10-ounce) can beef stock
- 1 cup catsup (ketchup)
- 1/2 cup parsley, chopped
- 2 tablespoons Worcestershire sauce
- 2 teaspoons lemon juice, fresh-squeezed
- 2 pounds potatoes, peeled and diced
- 6 carrots, diced
- 1 (2-ounce) jigger dark rum (preferably Gosling's Black Seal rum)
- 4 tablespoons Outerbridge's Original Sherry Pepper Sauce

For Fish Stock:

- 4 quarts water
- 1 1/2 pounds white fish fillets (Grouper, Wahoo, Halibut, Hake, etc.)
- Salt
- 1/2 teaspoon thyme, dried
- 2 bay leaves
- 10 peppercorns
- 6 whole cloves (or 1/4 teaspoon ground cloves)

Cooking Method:

Fish Stock Instructions:

Over medium heat, place a large soup pot. Add water in the pot, after a few minutes add fish fillets, salt, thyme, bay leaves, peppercorns, and cloves into the pot. Wait till they start boiling then reduce the heat and let simmer for 30 to 45 minutes.

NOTE: Skim off any scum that forms on the surface of stock and discard.

Melt your favorite butter and oil together in large pan. As the oil heats up, sauté onions, celery, garlic, and green peppers until you smell the aroma and they become soft and opaque. Add in red and fresh tomato chunks and beef consommé, cover the pot and let simmer for 30 minutes.

Add the sautéed vegetable to the simmering fish stock; add catsup, parsley, Worcestershire sauce, lemon juice for the tanginess. Then add potatoes, and carrots. Seethe the chowder on slow heat for at least 1 hour, or for as long as 3 hours, making sure to stir it every 30 minutes. Season the chowder according to your taste. After the chowder achieves the consistency of the soup, turn off the stove. Ensure to remove bay leaves, before serving it to your guests and top off with fresh finely chopped parsley.

This recipe makes a large pot of yumilicious soup. Serve the soup hot and broiling. To make it even more delicious, put on the table, Outer bridge's Original Sherry Peppers Sauce and Gosling's Black Seal rum (or a similar quality dark rum if you can easily find). Ask your guests to add a few dashes of rum to their bowls of soup and relish the divine flavors of the soup. See your guests leave your house with a glee!

2. Manhattan Clam Chowder (270)

Manhattan Clam Chowder Recipe

Prep time: 10 minutes

Cook time: 45 minutes

Total Time: 55 minutes

Serves: 6-8

If you have plenty of quahog chowder clams, feel free to use them in addition with the smaller clams, use them in place of the canned clams in this recipe.

Ingredients:

- 2 slices bacon (can sub with 2 more Tbsp extra virgin olive oil)
- 1 tablespoon extra-virgin olive oil
- 2 carrots, peeled and sliced
- 2 celery stalks, chopped
- 1 onion, chopped
- 1 large garlic clove, minced

- 1/2 teaspoon dried thyme
- 1/4 teaspoon celery seed
- 2 bay leaves
- 12 ounces of tomato juice, strained tomatoes or crushed tomatoes
- 114-ounce can of clam broth or juice*
- 2 10-ounce cans of baby clams, juice reserved*
- 1-pound waxy potatoes, peeled and cut into 2-inch chunks
- A dozen or so live small clams, such as littlenecks or Manila clams
- Salt and black pepper to taste
- Tabasco or other hot sauce

Cooking Method:

To start with the recipe, cook the bacon first. Slowly sauté the bacon in olive oil on medium heat until the bacon is crispy and crunchy and its fat is rendered. Take out the fried bacon, chop into small chunks and set aside.

In another large pot, add a tea-spoon of oil, add finely chopped vegetables; carrots, celery, and onion. Turn up the flame to medium-high and sauté the carrots, celery and onion until soft and translucent about 4 to 5 minutes. Make sure not to brown or sauté the vegetables too much. Now add the freshly chopped garlic bits and cook for another couple of minutes. Add the crispy chopped bacon to the pan of vegetables and cook while give it a good mix.

It's time to add the herbs to make the chowder smell divine. Now add tomato juice, clam broth and the juice extracted from the canned clams and mix it well. Shake, Stir and jiggle a bit. After a few minutes, add the potatoes in the pot. Let the potatoes cook in for a while. As the soup simmer, cover the pot and let it continuously simmer slightly until the potatoes are done, or for about 30-40 minutes.

When the potatoes are tender and completely done, add the canned clams and the live clams, again cover the pot and simmer for about 5-10 minutes or until the live clams open up. Add Tabasco sauce, salt and black pepper to the chowder according to your liking. Serve with a clam or two in shell in each bowl of soup and serve hot.

3. New England clam chowder (172)

New England Clam Chowder Recipe:

Prep: 20 Minutes

Cook: 35 Minutes

Total Time: 55 Minutes

Serves: 5

Ingredients

- 4 center-cut bacon strips
- 2 celery ribs, chopped
- 1 large onion, chopped
- 1 garlic clove, minced
- 3 small potatoes, peeled and cubed
- 1 cup water
- 1 bottle (8 ounces) clam juice
- 3 teaspoons reduced-sodium chicken bouillon granules
- 1/4 teaspoon white pepper
- 1/4 teaspoon dried thyme
- 1/3 cup all-purpose flour
- 2 cups fat-free half-and-half, divided
- 2 cans (6-1/2 ounces each) chopped clams, not drained

Cooking Method:

Start the recipe by cooking bacon in a Dutch oven over medium heat until they turn crispy and crunchy and all the fat is melted away. Take the out from the oven on to a paper towels to drain; set aside. In a pan, sauté celery and onion until tender and soft. Add garlic and cook it for 1 minute. Now add potatoes in the water and stir in, add clam juice, bouillon, pepper, and thyme to get that aromatic flavor. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until potatoes are tender.

In a small bowl, combine all-purpose flour and 1-cup fat-free half-and-half until both merge into smoothly. Add the mixture and gradually stir into the soup. Bring the soup to a boil; cook and stir for 1-2 minutes or until the chowder is thickens.

Stir in the clams and the remaining half-and-half; heat through (but do not boil). Crumble the cooked bacon and sprinkle over each serving. You have delicious and hot bowl of soup ready within minutes.

4. San Francisco-style Cioppino (625)

San Francisco-style Cioppino Recipe:

Prep time: 30 minutes

Cooking time: 45 minutes

Total time: 1 hour 15 minutes

Serves: 8

Ingredients

- Seafood: 3 pounds halibut, sea bass, or other firm white fish, cut into inch-long cubes
- 1 large (2 lb. or more) cooked Dungeness crab (hard shell)
- 1 pound (or more) of large shrimp
- 2 pounds little neck clams and/or mussels (mussels should be scrubbed clean and beards removed right before cooking)

For Sauce

- 1/2 cup extra virgin olive oil
- 1 1/2 cups chopped onion (1 large onion)
- 1 cup chopped bell pepper (1 large bell pepper)
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1 28-ounce can tomatoes
- Broth from the mollusks
- 2 cups red wine
- 2 cups tomato juice
- 2 cups fish or shellfish stock
- An herb bouquet of bay leaf, parsley, and basil wrapped in a layer of cheesecloth and secured with kitchen string
- Salt and pepper to taste
- 1/2 cup minced parsley for garnish

Cooking Method:

Start with steaming mollusks (clams and mussels) in a small amount of water (about two cups) until they just open up; then set aside. Strain and reserve the cooking broth.

To perfectly cook the crab, remove the crab legs from its body and use a nutcracker to crack the shells so that the meat can be easily scooped out when it is served. Remember to leave the meat in the shell as it gives a tempting look to the dish.

Break the body of the crab in half, and then cut each half again into either halves or thirds. You can opt to keep the crabmeat in the body segments and serve it the same way (this will have more work for the eater) or you can pick out the crabmeat from the body segments. If you opt for the latter, try to keep it in big chunks. Keep the top shell of the crab for making stock.

Note: You can use prepared fish or shellfish stock, or you can make your own. If you are not making your own stock, you can discard the crab top shell body. If prepared shellfish stock is not available, combine some prepared fish stock (readily available at many markets, including Trader Joe's) with clam juice.

Time to jump to the shrimps. Split the shrimp shells down the back and remove the black vein. The easiest way to do this, without removing the shell, is to put the shrimp on its side and insert the tip of a small knife into the large end of the shrimp. With the blade, pointing outward from the back (away from the shrimp and your hands) split the shrimp shells. You can turn the knife toward the shrimp, and cut in a little to find the black vein. With your finger or the tip of the knife, pull out the vein as much as you can. Some of you can probably also use a pair of kitchen scissors to cut the backs of the shrimp and get the vein out. Alternatively, you can shell the shrimps and devein them. With the shell-on, the shrimp has more flavors to it; with the shell-off, it is easier to eat.

To make the base of the soup, in a deep 8-quart covered pot, sauté onions and bell pepper on medium flame in olive oil until they softens and are translucent. Now add garlic, and sauté for 1 more minute. Now add tomatoes, broth from the mollusks, red wine, tomato juice, fish or shellfish stock, the herb bouquet, and salt and pepper to completely season the soup and give it the kick of flavors.

Simmer the soup for a few minutes and cook, uncovered, for 20 minutes. Remove the herb bouquet from the soup. Taste the soup to make sure that the seasoning is according to our liking. Now add the fish and cook covered, until the fish is cooked through, about 3 to 5 minutes.

Add the steamed mollusks, crabmeat, and shrimps into the pot of the soup. Cook until the shrimps are just cooked through (for only 2-3 minutes, until they turn bright pink). Ensure not to overcook the shrimps as overcooking them can make them hard to eat and tasteless.

Turn off the flame when the Cioppino comes in the right consistency of the soup. Serve the delicious, full of flavors soup in large bowls with the shells included. Sprinkle each bowl with crumbled or chopped parsley. Serve with crusty French or Italian bread and a cup of delicious red wine.

Pro tip: Arrange for plenty of napkins and place them on the table, a few extra bowls to discard the shells, nutcrackers, and tiny forks for eating the crabs.

5. Maritime seafood chowder Canadian (175)

Maritime Seafood Chowder Canadian Recipe:

Prep Time: 20 minutes

Cooking Time: 30 minutes

Total time: 50 minutes

Serves: 8

Ingredients:

- 2 cans whole baby clams

- 8 bacon chopped
- 1 onion chopped
- 2 ribs celery diced
- 1 cup grated peeled baking potato
- 1 cup whipping cream (35%)
- 1 cup milk
- 1/2 cup dry white wine
- 2 bay leaves
- 1 teaspoon chopped fresh thyme
- 1 can evaporated milk
- 1 lb. fresh fish chopped (such as whitefish, halibut, cod or lobster)
- 1 lb. shellfish chopped (such as whitefish, halibut, cod or lobster)
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Cooking Method:

Drain the canned baby clams while reserving the juice for later use and set the clams aside.

In a Dutch oven, cook the bacons over medium heat while stirring them occasionally, until crispy and turn light brown for about 5 minutes. Just scoop out 1 tbsp. fat from pan and discard the rest of it.

Take a large pot, add in chunks of onion, celery, and 1 tbsp. water; cook all the vegetables while stirring about 5 minutes until they are just a little softened. Add chunks of potatoes into the pot, and soon after add cream, milk, wine, reserved clam juice, bay leaves and thyme. Let it simmer for about 15 minutes or until the potatoes are completely done, you smell the aroma everywhere, and the liquid is slightly thickened. Stir in the clams, evaporated milk, fish, and parsley; simmer until fish is cooked through, 5 to 7 minutes.

Sprinkle salt and pepper when the soup is ready. Make sure to discard bay leaves before serving it to your guests.

6. Thai Fish Soup

Thai fish soup recipe:

Prep time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Serves: 4

Ingredients

- 30ml groundnut oil
- 4 spring onions, finely sliced
- 1 shallot, finely sliced
- 2 cloves garlic, minced
- 1 inch piece of ginger, julienned
- 1 lemongrass stalk
- 1 red chili, de-seeded and finely diced
- 500g cod fillet, cut into large chunks
- 750ml fish stock
- juice of 1 lime
- 1tbsp caster sugar
- 2tbsp fish sauce
- 50ml light soy sauce
- 1tbsp coriander, finely chopped
- coriander sprigs, to garnish
- black pepper

Cooking Method:

Heat the groundnut oil in a large, heavy-based saucepan placed over a moderate flame of heat. Sauté the spring onions and shallot in the saucepan for 2-3 minutes, after they turn then add the garlic, ginger, red chili and lemongrass. Continue to cook over a very low heat, ensuring to stir the soup every now and then or after 2-3 minutes.

Pour in the stock, and lime juice to the soup and bring to a simmer.

Note: Discard any scum that develops on the surface.

Now add the chunks of cod into the mixture and simmer again for 3-4 minutes. Add dashes of soy sauce and stir it in well, add caster sugar to cut down the tanginess of the lime juice, and fish sauce for that exotic fish aroma, and cook for further 1 to 2 minutes. Make sure that the sugar has completely dissolved into the soup and that there are no crystals left in it. When the liquid thickens a bit, remove the pot from the stove, stir in, and top off with chopped coriander.

Serve the soup piping hot in big bowls of soup. Discard lemongrass from the pot and add into each soup bowl. Garnish each soup bowl with black pepper and sprigs of fresh green coriander before serving in front of your guests.

16. Cameroon Smoked Bonga Fish Stew (73)

Cameron Smoked Bonga Fish Stew Recipe:

Prep time: 15 min

Cook time: 20 min

Total time: 35 min

Serves:

Ingredients

- 4 smoked Bongas or any smoked fish
- 2 green plantains cut in quarters
- 2 medium onions, chopped
- 2 green peppers, chopped
- 2 large tomatoes, diced
- ¼ cup palm oil
- 2 dried basil leaves
- 2 cups vegetable broth
- Pepper to taste

Cooking Method:

In a large pot heat palm oil, as you hear the sound of oil crackling in the pan, add freshly chopped onions and green peppers into the pot and sauté for 3 minutes. Keep the veggies crunchy and not too soft. Add all ingredients listed above into the pot and simmer for 20 minutes. When the soup is ready, take it off the stove, and serve over rice or as eat a stew.

19. Chreime- Spicy Tunisian Fish Stew (132)

Chreime- Spicy Tunisian Fish Stew Recipe:

Prep time: [hours/minutes]

Cooking Time: [hours/minutes]

Total time: [hours/ mins]

Serves: 4-6

Ingredients

- 6 fish filets (about 4 oz. each), such as sea bass or grouper
- 3 tbsp. fresh lemon juice
- Kosher salt and freshly ground black pepper, to taste
- ¼ cup olive oil
- 10 cloves garlic, roughly chopped
- 3 small red Thai chilies, stemmed and roughly chopped
- 1 (6-oz.) can tomato paste
- 2 cups minced cilantro

Cooking Method:

In a large bowl, combine fish, tangy lemon juice, salt, and pepper; set aside. Heat oil in a 12" skillet over medium to high heat. As the oil heats up, add garlic and chilies to it and let crackle for a while. Cook and stir them until soft for about 1-2 minutes. Now add the tomato paste; give it good stir for about 2 minutes, until the paste is slightly caramelized. Add cilantro and 1 ¼ cups of water and bring it to a boil.

Now reduce the heat to medium flame; cook the aromatic concoction for approximately 6 minutes or until sauce is slightly reduced. Now add the large pieces of fish, skin side up, with its juice and cover the pot. Cook for about 18-20 minutes or until the fish is soft, tender and flaky. Make sure not to overcook the fish. Serve with baked or crusted bread and relish red-hot fish stew full of exotic flavors.

20. Ushio Jiru - Clear Fish Soup (199)

Ushio Jiru- Clear Fish Soup Recipe:

Prep time: [hours/ mins]

Cooking time: [hours/ mins]

Total Time: [hours/ mins]

Serves: 2

Ingredients

- 200 g sea bream (bones and head)
- 1 piece Konbu kelp (5-6 cm square)
- 6 cm Japanese leek
- 800 ml water
- Salt, as needed
- 1 tbsp. sake
- A pinch of black pepper (coarsely ground)

Cooking Method:

Of the sea bream, chop any large bones in half. Place the bones in a strainer and sprinkle over each side with 1-2 tbsp. of salt. Now leave it and set aside for 20 minutes. Once done with it, cut the Japanese leek lengthwise in half, and then diagonally into long thin slices. Soak them in water for about 3 minutes and drain off afterwards.

Advices

1. Add generous amount of water in a pot, bring it to a boil, and blanch the bones. Rinse-off the bones gently with your fingers under water to remove any blood clots or scales.

2. In a separate pot, dip the bones and Konbu together with 800 ml of water, place over medium heat and remove the konbu just before it comes to a boil.
3. Turn the heat to down a little and remove the surface scum. Add 1 tbsp. of sake and simmer over medium-low heat for 10-15 minutes. Keep a check on the scum and sporadically skim off any excess. Now taste the soup and add seasoning if needed.
4. Serve in individual bowls. Top with sliced leek and sprinkle with black pepper. Time to taste the deliciousness.

21. Bouillabaisse (214)

Bouillabaisse Recipe:

Prep time: 15 minutes

Cooking time: 25 minutes

Total Time: 40 minutes

Serves: 12

Ingredients:

- 3/4 cup olive oil
- 2 onions, thinly sliced
- 2 leeks, sliced
- 3 tomatoes - peeled, seeded and chopped
- 4 cloves garlic, minced
- 1 sprig fennel leaf
- 1 sprig fresh thyme
- 1 bay leaf
- 1 teaspoon orange zest
- 3/4 pound mussels, cleaned and de-bearded
- 9 cups boiling water
- salt and pepper to taste
- 5 pounds sea bass
- 1 pinch saffron threads
- 3/4 pound fresh shrimp, peeled and deveined

Cooking Method:

In a large saucepan, heat olive oil on medium flame and then add the onions, leeks, chopped tomatoes, and garlic. Cook until you smell the aroma of garlic wafting everywhere. Stir over low heat for a few minutes until the vegetables are soft and tender.

Add in the fennel seeds, thyme, bay leaf, and orange zest. This will uplift the flavors of the soup instantly. Add shellfish and boiling water; stir well to combine. Sprinkle salt and black pepper to season the soup. Turn up the heat to high, and boil for about 3 minutes to allow the oil and water to combine.

Add big chunks of fish, and reduce the heat to medium flame. Cook for 12 to 15 minutes, or until fish is succulent. The fish should be opaque, juicy but still firm. It should not be falling apart, if it is, you have overcooked it.

Tasting the dish before you serve is always a good option. Taste the bouillabaisse and adjust the seasoning as you like your like to taste. Add saffron and stir in to give the beautiful red color and aroma to the bouillabaisse, and then pour out the soup into a warmed tureen or soup dishes. Serve fresh and hot to your loved ones.

22. Greece fish soup, Kakavia (95)

Greece fish soup Recipe:

Prep time: [hours/ mins]

Cooking time: [hours/ mins]

Total Time: [hours/ mins]

Serves: 2

Ingredients

- 1 kilo 2-3 different types of fish, I used hake, stargazers and streaked gurnards
- 1 onion
- 1 large potato
- 2-3 medium carrots
- 2-3 stalks of celery
- salt and pepper to taste

Cooking Method:

First of all, cut the potatoes and onion in four. Chop-off the carrots in large pieces. Add in a big pot a liter of water along with the carrots, potatoes, onion, and celery. Boil together for approximately 20-25 minutes, until the vegetables are soft and juicy. Now take the vegetables out in a platter, set aside, and add the fish in the pot. 10 minutes should do the trick to have tender, soft, and juicy fish.

Serve both the vegetables and the piece of fish in the broth with a bit of lemon juice squeezed and a lemon slice served on top of it.

23. Zarzuela a la catalana – catalan fish stew (233)

Zarzuela a la catalana – catalan fish stew

Prep time: [hours/ mins]

Cooking time: [hours/ mins]

Total Time: [hours/ mins]

Serves: [number of persons]

Ingredients

- large Spanish onion, chopped
- 2 gloves of garlic. diced
- 8 ounces squid, cleaned and sliced – I have found some great frozen squid in Trader Joe's and Wholefoods
- 3 1/2 cups wine or wine and seafood stock or clam juice
- a little tomato paste
- 10-12 large uncooked shrimp, peeled and deveined
- 1 pound white fish, your choice cut in to 1 inch cubes
- 1 dozen clams
- 2 dozen mussels
- Spanish Brandy
- parsley
- olive oil
- 1/4 cup roasted almonds
- 1/4 cup roasted hazelnuts
- one slice fried bread
- Salt and Pepper

Cooking Method:

In a large skillet or paella pan, add olive oil and sauté the onions well or until they become transparent. Add the squid and garlic to the pan and cook for a few minutes, all the while keeping an eye not to burn the garlic. Turn-off the heat add a splash of brandy and now flame the stove carefully.

Once the flame has gone out add the wine, tomato paste, salt, and pepper and cook for a further 15 minutes to ensure that the rawness of the tomato paste is gone. Add the remaining fish, shrimp clams, and mussels and let them simmer in the broth gently. Cover the lid until all the shells have opened up and the shrimps turn a beautiful flush pink color or are fully cooked through.

While the fish stew is simmering over medium heat on the stove, take the almonds, hazelnuts and fried bread together with some chopped parsley and olive oil and, and using a food processor,

grind all of them to make a thick paste. When the stew is done simmering and the soup reaches the desired consistency, add the hazelnut and almond paste and serve with some fresh crusty pieces of bread to soak up the sauce.

The aroma of the hot soup will waft everywhere so better serve it quickly!

24. Cacciucco – Tuscan seafood stew (320)

Cacciucco – Tuscan seafood stew Recipe

Prep time: [hours/ mins]

Cooking time: [hours/ mins]

Total Time: [hours/ mins]

Serves: [number of persons]

Ingredients

For the Stew base

- 3 tbsp. of olive oil
- 1 pinch of [chili flakes](#)
- 1 pinch of [fennel seeds](#)
- 4 [garlic cloves](#), finely minced
- 1 [onion](#), finely diced
- 1 [celery stick](#), finely diced
- 1 [small octopus](#), cleaned and sliced
- [squid](#), small, cleaned and sliced into rings
- 250ml of [red wine](#)
- 2 [sprigs of sage](#)
- 400ml of [passata](#)
- 1l fish stock
- [salt](#)
- [pepper](#)

For Fish and seafood

- 200g of [clams](#), cleaned
- 200g of [mussels](#), cleaned
- 6 [langoustines](#)
- 200g of [monkfish tail](#), cut into 6 pieces
- 200g of [gurnard](#), cut into 6 pieces
- 200g of red snapper fillet, cut into 6 pieces

To finish

- 6 slices of bread, toasted
- 2 [garlic cloves](#)
- [parsley](#), chopped

Cooking Method:

1. Set a large pan over a medium heat and add 2 tbsp. of extra virgin olive oil. When the oil heats up add chili flakes and fennel to it and cook for a minute or so. Add the onion, garlic, and celery with a pinch of Himalayan or rock salt (whichever salt you like) and continue to cook until the scent is everywhere in the house, and the onions are soft but opaque.
2. Remove the vegetables from the pan into a platter and turn up the heat. Add the remaining tbsp. of oil and quickly add in the octopus and squid. Cook the octopus and squid until they release some liquid and it completely evaporates.
3. Now add the vegetables back to the pan along with the red wine and springs of sage. Let them simmer until they reduced to half and the flavors completely incorporate into the already added seafood. Add the passata and 600ml of fish stock and let it simmer for 1 long hour, making sure to stir it occasionally and you see that the octopus is tender and squishy.
4. Add the rest of the fish stock to loosen the stew more along with the pieces of fish. Let it simmer for and do not stir too much as stirring will break up the fish. Add in the langoustines, place the lid back on, and simmer for 5 more minutes.
5. Now remove the lid and place the mussels and clams into the stew. Cover it back and cook for further 3–4 minutes or until the shells have opened up. Discard any of the mussels or clams, which have not opened up.
6. To make the eating experience extra special, serve the soup with toasted bread rubbed with the garlic cloves, and garnish the soup with freshly chopped parsley to make it look tempting.

25. Aljotta- Maltese fish soup (189)

Aljotta- Maltese fish Soup recipe:

Prep Time: [hours/ minutes]

Cooking Time: [hours/ minutes]

Total Time: [hours/ minutes]

Serves: 6

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped

- 6 tomatoes, sliced
- 1 bay leaf
- Fresh mint
- 8 cups water
- 1 whole small fish, about 800 grams (1.75 pounds; traditionally rock fish, substitutes include halibut, flounder, or snapper), cleaned and cut into 4 pieces
- 100 grams (3.5 ounces) rice
- Salt
- Pepper
- 2 lemons (one for juice, one for garnish)
- Fresh parsley

Cooking Method:

In a large pot, add olive oil and sauté the onion and garlic until golden brown and the smell is in the air. In the same pot, add the tomatoes, bay leaf, mint, and water. Bring the mixture to a boil, and then add the fish. Turn down the heat and simmer until the meat of the fish is white, soft, and flaky.

Remove the fish from the soup, allow it to cool until it is cool enough to handle. Remove the head, tail, skin, and bones of the fish, strain the soup broth and return it to the pot.

This soup tastes best when they are served over a heap of rice. Cook clean rice in the soup broth by bringing it to a boil and cooking until the rice are soft and done. Now put the fish meat back to the pot, cover the lid and steam for about 2 minutes to let the taste of fish fully incorporate in the rice. Season the entire pot of soup with salt and pepper as per your taste and a squeeze lemon all over the piping hot dish.

Serve the soup hot, generously garnished with parsley alongside lemon wedges.

26. Portuguese fish stew - Caldeirada de peixe (279)

Portuguese fish stew (Caldeirada de peixe)

Prep Time: [hours/ minutes]

Cooking Time: [hours/ minutes]

Total Time: [hours/ minutes]

Serves: [number of persons]

Ingredients

- olive oil
- onions 2, finely chopped
- red pepper 1, seeded and diced

- coriander a small bunch
- red chili 1 small, seeded and finely chopped
- garlic 3 cloves, 2 chopped and 1 halved for toasts
- dry white wine 400ml
- saffron a pinch
- bay leaf 1
- potatoes 300g, peeled and diced
- plum tomatoes 400g tin
- skinless firm white fish 600g (use a mixture if you like), cut into large chunks
- squid 300g, cleaned and sliced
- raw tiger or tiger prawns 6-8
- clams 500g, cleaned
- mussels 500g, cleaned
- Baguette 1, sliced

Cooking Method:

Step 1

Heat a drizzle of oil in a large, deep-sided and heavy frying pan. Add freshly chopped onion and fry it while adding pepper and cook on a medium heat. When the onion turns pink and soft (don't brown the onion), add finely a handful of finely chopped coriander stalks (take off the leaves and keep the for later use), and add to the pan with the chili and chopped garlic. Much as you would want to fry it for as long as you can because of its divine aroma, just fry it for a few minutes. Add the wine, saffron, bay leaf, and let it simmer until the potion is reduced by half.

Step 2

Add the potato and tomato chunks, with 300ml of water and bring to a gentle boil continuously. Crush the tomatoes with a spoon by crushing them with the side of the pan. When tomatoes are squishy, leave them, and let simmer for 20-25 minutes until the potatoes are just tender, and the tomatoes have crushed down into a coarse kind of paste.

Step 3

Season the soup well, then gently push the fish into the sauce, and arrange the squid, prawns, clams, and mussels on the surface. Put the lid on and cook for 6-8 minutes until the mussel and clamshells have opened, the prawns are cooked through, and the fish is flaky. Toast or bake the bread, rub lightly with the halved garlic clove and drizzle with olive oil. The combination is killer to serve in front of your guests. Serve the stew topped-off with chopped fresh coriander leaves, and the toasts for dunking in the mouth-watering stew.

29. Creamy Norwegian Cod Soup (Torskesuppe)

Creamy Norwegian Cod Soup (Torskesuppe) Recipe

Prep time: [hours/ mins]

Cooking time: [hours/ mins]

Total Time: [hours/ mins]

Serves: 4

Ingredients:

- 1 tablespoon oil
- 1 medium onion, finely chopped
- 1 garlic clove, minced
- 2 cups (480 ml) fish stock
- 2 medium carrots, peeled into strips (with a vegetable peeler)
- $\frac{3}{4}$ cup (180 ml) heavy cream
- $\frac{3}{4}$ cup (180 ml) crème fraiche
- 1 $\frac{1}{2}$ teaspoons salt, plus more to taste
- 1 pound (450 g) boneless cod filet, cut into bite-size pieces
- Coarsely ground pepper, to taste
- Fresh dill, to garnish

Cooking Method:

Heat oil in a big, deep and heavy-bottomed pot, over medium-high heat. As you see the oil crackle to Add the onion and cook, stirring occasionally, for 8 minutes or until soft and translucent. Add the garlic and cook 1 minute longer. Pour in the fish stock and bring to a boil. Turn the heat down slightly and simmer the soup until it's reduced. It's time to add in the carrot strips, add them and cook for 5 minutes until they are tender or chewable.

Stir in the heavy cream, crème fraiche, and 1 $\frac{1}{2}$ teaspoons salt to the pot of soup. When the cream is completely mixed, add the codpieces and cook for 3 to 5 minutes or until the cod is cooked through. Make sure to keep it nice and flaky and not overcook it.

Remove the pot from the heat. Check to see if the seasoning is perfect or not. Season it with more coarsely grounded pepper and more salt, if it lacks the hit. Top-off with fresh dill (use a pair of scissors to trim off the tops of the dill fronds/leaves) and serve it steaming hot immediately.

32. 5 minute Pressure Cooker Fish and Corn Chowder (199)

5 minute Pressure Cooker Fish and Corn Chowder Recipe:

Prep time: [hours/ mins]

Cooking time: [hours/ mins]

Total Time: [hours/ mins]

Serves: 2

Ingredients

- 3/4 cup chopped bacon
- 1 small/medium [Onion](#)
- 2 ribs celery, chopped
- 1 medium carrot, chopped
- 2 cloves [Garlic](#)
- 3 cups Peeled & Cubed Potatoes preferably Yukon gold
- 4 cups [Chicken Bone Broth](#) or vegetable broth
- 2 tablespoons [Organic Grass-Fed Butter or Ghee](#) or ghee
- 1 pound wild caught Haddock Filets (frozen)
- 1 cup frozen or freeze dried corn
- [Sea Salt](#)
- [White Pepper](#)
- 2 cups Heavy Cream
- 1 heaping tablespoon [organic potato starch](#)

Cooking Method:

Take that pressure-cooker out to cook the world's best soup. Set your pressure-cooking on its sauté function, and cook the bacon in butter until its crisp and brown. Now add onion, garlic, carrot, and celery to the cooker and sauté for about 3 minutes or until veggies are juicy and soft. Season with sea salt and grounded white pepper to give them a flavor.

Add potatoes, corn, fish, and broth to the cooker and cook it under pressure (standard or high) for at least 5 minutes. When the cooker hits the whistle, allow the cooker to depressurize naturally. Add in heavy cream and potato starch, and mix well. Transfer the entire mixture to chowder. Shake and stir well. Place pressure cooking on its WARM function if it is not set by default.

Keeping it still on the warm function, allow it to thicken slightly for about 2-3 minutes. Serve it hot immediately and enjoy the exotic concoction!

Notes: Always remember to choose organic products when possible for optimal health. Dairy should always come from cows raised exclusively on organic pasture (i.e. Grass-Fed) and seek out raw dairy if and when possible.