

Cazuela de Mariscos: Cassolette of seafood with sweet peppers and fresh herbs

Recipe for 4

Description

A fantastic colombian chowder that will make you want to come back for more.

Note

You can use any firm fish in this dish, and even shrimps if you like!

Ingredients

Seafood stock

- 500 Gr Fresh mussels
- 500 Gr Clams
- 1 Unit(s) Lemongrass
- 1 Clove(s) Garlic
- 1 Sprig(s) Fresh oregano
- 0.50 Cup(s) Xérès vinegar
- 2 Dash Olive oil

- Salt and pepper

Cazuela

- 1 Unit(s) Tomato
- 2 Unit(s) Onion
- 1 Sprig(s) Oregano
- 2 Sprig(s) Thyme
- 1 Unit(s) Red pepper
- 4 Sprig(s) Fresh cilantro
- 1 Unit(s) Lime
- 1 Stick(s) Lemongrass
- 1 Liter(s) Coconut milk
- 2 Dash Olive oil

- Salt and pepper

Plating

- 4 Piece(s) Cod (150g)
- 1 Large Yukon gold potatoes
- 1 Unit(s) Red pepper
- 1 Unit(s) Bird's eye chili
- 1 Sprig(s) Fresh cilantro

- Salt and pepper

Preparation

- Preparation time **60 mins**

Prep

Seafood stock

Crush the lemongrass when you take it out of the freezer. Smash the garlic clove.

Cazuela

Peel and finely chopped the onion. Dice the tomatoes, mince the coriander stems. Slice the pepper in strips, zest and juice the lime and mince the lemongrass.

Remove the skin off the cod if not done by your fishmonger.

Remove the flesh off the shells, keep some shells for the dressing

Dice the potato and the pepper. Pick the coriander leaves off the stems. Blanch the diced potato in salted boiling water for 2 to 3 minutes, then shock them in ice cold water and strain.

Seafood stock

Put a pan on the heat. Add the crushed lemongrass and the smashed garlic clove, then the shells and stir.

Deglaze with sherry vinegar, cover and leave it off the heat for a few minutes so the shells can open.

Sieve the juice and the shells and set aside.

Cazuela

Sweat the onions in some olive oil, add the oregano, the thyme and the tomatoes.

Add the minced coriander stems with a few leaves.

Then the pepper, lime zest and juice and the chopped lemongrass.

Stir well for a couple of minutes, then deglaze with the seafood juice.

Pour in the coconut milk, stew for about 30 to 40 minutes, it will help the thickening.

Sieve in an other pan, extracting the most juice off the ingredients.

Last touch

Simmer the 'cazuela', add the diced potato and pepper.

10 minutes before serving, poach the pieces of cod in the warm cazuela. Add the mussels and cockles.

Once the fish is cooked, you just have to serve. Make sure it is seasoned to taste.

Plating

In a shallow plate or a bowl, place a piece of fish and some mussels and cockles.

Pour on a nice ladle of broth and add a few coriander leaves and a dash of olive oil to finish it.

Bon appétit!