

## OUR FAVORITE RECIPES

# Fisherman's Stew



### Ingredients:

4 cups cockles  
6 cups water  
3 onions: 1 quartered, 2 sliced  
½ teaspoon mace  
Salt, pepper and 1 teaspoon saffron  
A bunch of herbs  
1 cup fish stock  
2 teaspoon lemon juice  
1 lb. cod or haddock fillets, skinned  
1 lb. plaice fillet, skinned  
2 oz. butter  
2 oz. flour  
8 oz. crab meat  
8 oz. shelled shrimps (fresh/frozen)

### Preparation:

Soak cockles in salted water overnight. Next day drain, scrub and rinse well.

Place in a large pan, pour over water and bring to boil. As soon as cockles open remove from heat and drain, reserving liquid. Allow to cool slightly and, discarding any NOT opened, remove from shells and set aside.

Strain liquid into clean pan, add quartered onion, seasoning and herbs. Boil for 20/30 min. to reduce. Add stock, lemon juice, sliced onion and fish. Poach 30 min. Remove herbs and fish. Cut plaice fillets in half, flake cod and keep warm. Melt butter in a pan, stir in flour and cook, stirring, for 1 or 2 minutes, then stir in liquid, little at a time. Simmer for 5 minutes, stirring until thickened. Add crab meat and shrimps (thawed and/or drained), cockles and saffron. Simmer until thoroughly heated, then add fish and simmer for another minute. Serve.

Makes 4 servings

