



Italian Fish Stew

This dish is great after a platter of antipasto. Serve it with steamed new potatoes.

6 tbsp your favourite Cobram Estate Extra Virgin Olive Oil
1 small onion, finely chopped
½ tbsp aniseeds
1 clove garlic, crushed
¼ cup chopped parsley
½ cup dry white wine
a 400g can diced tomatoes
4 anchovy fillets
1 tbsp pine nuts
about 20g dried porcini mushrooms, soaked in 1 cup cold water for 1 hour
about 1kg mixed seafood, including a few prawns and some fish, e.g. flathead
or gurnard, head and scales removed and then cut into 5 pieces
salt and freshly ground black pepper

Serves 4

Heat 4 tbsp olive oil in a large, non-stick saucepan on medium heat. Add onion and aniseeds and stir-fry for 3-4 minutes without browning. Stir in garlic, parsley, wine and tomatoes and simmer for 2 minutes.

Meanwhile, put together the anchovy fillets, pine nuts and drained porcini, then add to a pan.

Place seafood neatly in the pan and season with salt and pepper. Shake the pan to cover the fish with the sauce, then cover with foil and a lid and cook for about 15 minutes or until the fish is tender. Baste the fish with the sauce once or twice during the cooking.

Just before serving, drizzle the remaining Cobram Estate Extra Virgin Olive Oil over the stew. Serve with crusty bread.

Enjoy your meal,

Gabriel Gaté