



# Caldeirada de Peixe

(Portuguese Fish & Seafood Stew)

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My version of the Portuguese fish stew, Caldeirada de Peixe. Caldeirada translates from Portuguese to "stew" and peixe translates to "fish". This is a relatively easy dish to make and a great one-pot recipe, perfect for a dinner party or gathering. Don't feel limited by the seafood included in this recipe. It's a rustic stew meant to be made from local fish and seafood. Best made with a combination of oily fish, whitefish, and shellfish to create a well-rounded, flavorful broth.

- **Prep Time:** 30-40 minutes (not including soaking clams about 45 minutes hours prior to cooking)
- **Cook Time:** 25-30 minutes
- **Serves:** 10
- **Notes:** Feel free to use any combination of fish filets, seafood and shellfish.
- **Special Equipment Needed:** A Large Pot with a lid – a heavier pot is better. If you don't have a lid, use a baking pan and handle with oven mitts to avoid burning yourself. Small scrub brush to clean mussels and clams. Cheese cloth or coffee filter.
- **This recipe is Pescatarian.** It contains fish and shellfish, but no meat.
- **Make it Gluten-Free:** Use gluten-free vegetable stock. Use gluten free bread for the garlic bread, or skip altogether. Make sure your tomato paste and white wine are labeled gluten-free. As always, make sure all the ingredients and spices you cook with are gluten-free.

## Ingredients

- 2 pounds Fresh Mussels
- 1/2 pound Fresh Clams
- 3/4 Pound Tuna or Swordfish Filet, or combination of both, rinsed and patted dry, cut into 1 1/2" -2" chunks
- 3/4 pound Haddock, Flounder or Cod Filet, rinsed and patted dry (or any combination, cut into 1 1/2" -2" chunks)
- 1 Pound Large Raw Shrimp (16/20 count), deveined. Your choice peeled or unpeeled, heads on or off. Frozen and thawed, or fresh.
- 1 can Sardines packed in olive oil, break sardines up with a fork
- 4 Ripe Tomatoes, chopped (approximately 30 ounces)
- 1/4 Cup Tomato Paste
- 1 Yellow Onion, diced
- 3 cloves Garlic, chopped fine
- 3 Bell Peppers: One each of Green, Yellow and Red, cleaned, diced
- 3 medium-sized potatoes, Yukon Gold or a good boiling potato, cleaned, peeled, cut into 1 1/2" cubes
- 2 Cups Dry White Wine
- 2 Cups Vegetable Stock
- 1/2 Teaspoon Crushed Red Pepper Flakes
- 1 Bay Leaf
- 1 Teaspoon Black Peppercorns (substitute 1/4 teaspoon ground black pepper)
- 2 Teaspoons Coriander Seed
- 1/2 Teaspoons Ground Coriander
- 1 Tablespoon Paprika
- 1/4 Teaspoon Black Pepper
- 3 Tablespoons Olive Oil for sautéing, plus optional 1 Tablespoon to drizzle over layers as they cook

## A note about choosing and storing fresh clams and mussels:

When choosing your fresh clams and mussels, shells should be closed and they should smell like fresh, lovely seawater. If they smell rank, or many of the shells are broken or open, avoid purchasing. Store in your refrigerator for up to 24 hours by putting

them in a bowl (one bowl for clams, another bowl for mussels) and cover directly with a damp dishcloth. Do not cover with fresh water or ice, and don't cover the bowl tightly with plastic wrap. They need to breathe.

*Caldeirada de Peixe recipe, continued*

#### Prepare Clams for Cooking (45 minutes before cooking the stew)

Soak Clams to remove sand or grit: Make sure each clam is closed. If slightly opened, press shell to close. If it re-opens, discard. Also discard any clams with broken shells. Place clams in a large bowl. Add cold water until water is a few inches above clams. Add 1/8 cup salt. Soak for 20 minutes. Remove clams with your hands and place in another bowl of cold, salted water for 20 minutes. Alternately, you may soak overnight in refrigerator. Finally, scrub each clam with a scrub brush and rinse in cold water.

#### Prepare Mussels for Cooking:

Mussel shells should be closed when raw (before cooking). If a shell is open, gently tap it a few times against a surface, then pinch the shell closed. The shell should close. If it remains open, discard. Raw mussels that remain open after this process are dead and can make you and your guests sick. Discard any mussels with broken or cracked shells. Scrub each mussel with a bristled brush and rinse under cold water briefly. Just before cooking, de-beard the mussels (it kills the mussel, so don't de-beard your mussels if storing before cooking). There may be strings of what appear to be seaweed coming out of the shell towards the hinged end, commonly known as a "beard". Grasp the beard tightly between your fingers (using a damp cloth covering fingers makes this easier) and pull quickly downward to remove the beard.

### Make Caldeirada de Peixe:

Bundle the seasonings (bouquet garni):

Bundle the bay leaf, peppercorn and coriander seed in cheesecloth tied with kitchen twine or simply knot the ends of the cheesecloth. If you don't have cheesecloth, use a coffee filter, tied, with excess ends of filter and kitchen twine cut off.

Heat a large, heavy pot over medium-high heat. Add 3 tablespoons olive oil and the crushed red pepper. Add onions and the peppers, sauté for 5 minutes. Add garlic, sauté 1 minute. Add tomatoes, tomato paste, paprika, ground coriander, white wine, vegetable stock and your bundle of bay leaf/ peppercorns/ coriander seed. Stir. Cook for a few minutes. Add potato, cover the pot and cook for 6 minutes from the time it starts to simmer— you do not want to fully cook the potatoes in this step.

Place the sardines and fresh fish in the pot in an even layer, then place the shrimp, mussels and clams on top of the fish. Cover and cook 5-10 minutes depending on your stove, or until the fish is flaky and the mussels and clams have opened. Remove any unopened clams or mussels. Discard bouquet garni. Spoon some of the broth over the fish and seafood items on top layers several times.

To serve:

Divide fish, mussels, clams and shrimp between bowls. Ladle the remaining potatoes and broth into each bowl. Or, if using a wide pot, place pot in center of table for guests to serve themselves. Serve with toasted garlic bread, recipe below:

#### Toasted Garlic Bread

1 long loaf crusty bread  
1 clove garlic  
3 Tablespoons olive oil  
Sea Salt

Preheat oven to 400 degrees

Cut the bread into thick slices. Arrange on a baking sheet.

Crush the garlic and mix in small bowl with olive oil. Spread mixture over each slice using a spoon or a brush. Sprinkle each slice with a few grains sea salt. Place pan in oven for about 5 minutes, or until bread begins to brown.

Or: toast your bread slices, keep garlic clove whole. Rub each toasted slice with garlic clove drizzle with olive oil. Heat garlic toast and serve.