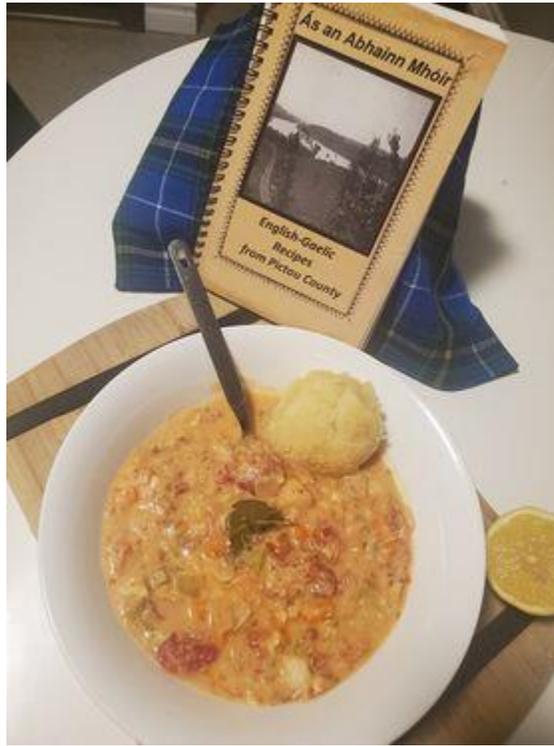


### Fisher's Stew



2 tbsp butter	Pepper/Parsley/Dill/Garlic (to taste)
1 onion cut fine	¼ tsp Summer Savoury
1 onion cut fine	¼ tsp dry mustard
1 tbsp flour	2 tsp sea salt
19 oz canned crushed tomatoes	2 eggs
1 lb haddock (fresh or frozen)	2 tbsp lemon juice
2 diced carrots	2 tbsp butter
2 diced celery sticks	

#### **Instructions:**

1. Melt butter in a saucepan over medium heat. Add onion and cook until they are clear.
2. Stir in flour and remove the pan from the heat. Add crushed tomatoes, salt, pepper parsley etc., and return to the heat and cover to simmer for 15 minutes, stirring occasionally.
3. Cut fish into small pieces and add it to the sauce.
4. Cover and simmer for 10 minutes.
5. Beat eggs in a bowl and slowly add some sauce to the beaten eggs. Stir quickly into the sauce and fish using low heat.
6. Blend in lemon juice and butter. Enjoy!