



Fisherman's Stew (with Linguica)

Easy and delicious stew that gets its flavor from a flavorful sausage. We use Linguica here. We also make it with spicy Italian sausage quite a bit. Give it a try.

Ingredients

- 1 package of Linguica, chopped into ¾ inch pieces
- 2 packages of frozen Cod, chopped into 1 inch cubes
- 1 package of frozen shrimp (peeled and deveined)
- 1 green pepper, chopped small
- 1 yellow pepper, chopped small
- 1 red pepper, chopped small
- 3 medium yellow onions, chopped small
- 1 head of garlic, minced
- 1 large can whole tomatoes
- 1 ½ T chicken base
- 2 cups white wine
- 2-3 cups water

Chop/Mince: Chop and mince everything first, it makes things easier.

Meat: In a stock pot, cook the sausage. Add 1 T of olive oil if you need it to get the meat started. Stir and cook until fat begins to render.

Onion/Garlic: Add the onions and garlic. Stir to combine. Cook until the onions soften.

Peppers: Add the peppers, stir a bit. Let the veggies begin to soften.

Wine: Add the wine. Scrape the bottom of the pot a bit to bring that flavor back up into the stock.

Tomatoes: Add the canned tomatoes, with the liquid and stir.

Water: Add enough water that you can cook the fish and shrimp, at least 2 cups. Bring to boil.

Seafood: Add the fish and shrimp.

Chicken Base: Add the chicken base and stir.

Simmer: Reduce to simmer, let it ride for an hour for maximum flavor. You can eat in 15 minutes if you just can wait, but you'll be rewarded if you wait.

Alternative Meat: Italian Sausage (spicy or mild). Chorizo. Andouille Sausage