



Caldeira de Peixe

Ingredients

- 4 x 3 oz portions of Tautog or other white fish, cleaned and skin removed
- 12 Littleneck clams, washed
- 2 lbs Yukon Gold potatoes, washed and cut into quarters
- 1 white onion, peeled and julienned
- 3 cloves garlic, peeled and finely minced
- 1 lb chourico, skin removed and diced
- ¼ cup flat leaf parsley, washed and finely chopped
- 1 cup Vinho Verde
- 1 cup fish stock or clam broth
- Portuguese olive oil, for cooking
- 1 tsp Portuguese red pepper sauce, to taste
- 2 tbs whole unsalted butter
- kosher salt and fresh ground black pepper, to taste

Directions

1. Heat a large skillet over medium-high heat with olive oil.
2. Season both sides of the fish with salt. Place fish in pan to cook.
3. Cook for 2-2 ½ minutes on the first side, flip, and continue cooking for another minute on the second side. Set aside when done.
4. Add a little more oil to the pan. Add chourico and render until slightly crispy.
5. Add onion and garlic and cook until translucent.
6. Deglaze with Vinho Verde. Add fish stock and potatoes. Bring to a boil and simmer for a few minutes.
7. Add clams and cook until the clams open and the potatoes are tender.
8. Add fish back into the pan to reheat.
9. Finish with chopped parsley, butter, and season with salt and pepper to taste.
10. Serve and Enjoy!

Calories 717

Total Fat 18 g

Saturated Fat 5 g

Cholesterol 30 mg

Sodium 326 mg

Total Carbohydrate 45 g

Dietary Fiber 6 g

Sugars 5 g

Protein 25 g