

GOURMET FISHING

Season III - Episode II



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Abacos' Fish Stew



Host, Chef & Guide, David Murray





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Grocery List

Abacos' Fish Stew

Flounder Fillets

Bacon

Fat Back

Potatoes,

Sugar

Clamato Juice

Hot Pluff Mud Sauce
or other Louisiana Style Hot Sauce

Cayenne Pepper

Crushed Tomatoes

Evaporated Milk

Worcestershire Sauce

Bay Leaf

Dry Oregano

Fresh Thyme

Fresh Long Leaf Parsley

Salt and Pepper to Taste



Abacos' Fish Stew

Abacos' Fish Stew



Serves 10-12

2 lbs Flounder Fillets	1/4 tsp Cayenne Pepper
4 slices Bacon, chopped	2 Large Cans Crushed Tomatoes
4 large slices Fat Back, diced	1 Small Can Evaporated Milk
3 Cups Diced Potatoes, Hash Browns	2 Tbs Worcestershire Sauce
1 Medium Sweet Onion, Diced	2 Bay Leaf
1/2 Cup Sugar	2 tsp Dry Oregano
4 cups Clamato Juice	4 sprigs Fresh Thyme
1 Tbs Hot Pluff Mud Sauce or other Louisiana Style Hot Sauce	4 Sprigs Fresh Long Leaf Parsley
	Salt and Pepper to Taste

In a large, heavy-bottom pot over medium-high heat, cook the bacon and fat back until the bacon is just beginning to become crispy. Add the onion and cook until it just becomes translucent; 4 minutes. Add the potatoes and cook for an additional 4-5 minutes.

Add the Clamato Juice, crushed tomatoes, Worcestershire sauce, hot sauce, cayenne pepper, bay leaf, and oregano. Stir and combine all the ingredients. Tie the thyme and parsley in a little bundle with butcher's twine. This is known as a bouquet garni. With a hard round surface item like a rolling pin, slightly crunch the herbs. This process will release the oils. Add to the stew and stir. Add the evaporated milk and stir to incorporate. Bring to a slow or soft boil, reduce the heat to a simmer and cook for about 30 minutes..

Salt and pepper to taste. Taste after adding the salt and pepper and adjust as need, including sugar. Sometimes you need a little more.

In a smaller pot, add about 2 cups of water or enough to cover the fish, and bring to a boil. Add the fish, copped, and whole fillets, reduce the heat to medium, and cook for 5 minutes.

Remove the fish from the pot with a slotted spoon and reserve the whole fillets. Slightly drain the fish and add the pieces to the stew. Crumble the remaining fish fillets into small pieces. You can use a fork or a potato masher. Add the fish to the stew. Cook for an additional 10-15 minutes.

Remove the Bouquet Garni, Bay Leaves, and discard.

Ladle stew into a bowl and enjoy...



Gourmet Fishing



We catch fish, and then, We cook our catch...



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