

# Gill's Gourmet Gallery

## Fish stew

### Ingredients:

400g white fish boned  
Pinch of saffron strands or powder  
1 teaspoon paprika  
1 teaspoon parsley  
2 cloves garlic crushed  
2 onions diced  
3 potatoes chopped into small pieces  
4 Carrots cut into batons  
100g mushrooms  
2 tablespoons vegetable oil  
Seasoning  
Tin of tomatoes with juice or 4 large fresh tomatoes  
Glass white wine

### Method:

Fry the onions in the vegetable oil with the mushrooms and chopped potatoes for 3 minutes.  
Add the tomatoes, parsley, paprika, garlic and saffron.  
Pour in the white wine and simmer gently for 20 minutes until the potatoes soften.  
Season the liquor and add the fish slices.



Simmer for a further 10 minutes with the lid on the pan.  
Serve in dishes and drizzle with fresh cream.