







Peruvian Sudado De Pescado (Peruvian Fish Stew)

This classic Peruvian fish stew recipe is courtesy of editorial assistant Camila de Onis.

INGREDIENTS

Serves 6.

- 2 tablespoons olive oil
- 2 medium red onions, chopped
- 4 cloves garlic, chopped
- 1 heaping tablespoon prepared aji amarillo paste
- 1 cup white wine
- 1 1/2 cups Fish Stock
- 1 1/2 cups chopped fresh tomatoes
- 6 (6-ounce) fillets pacific halibut, or other firm white fish
- 1 pound large shrimp, peeled and deveined

Coarse salt and freshly ground pepper

- 1 cup frozen peas, thawed
- 1 cup torn fresh cilantro, for serving

DIRECTIONS

- 1. Heat olive oil in a large high-sided skillet over medium heat. Add onions and cook, stirring, until slightly crispy. Add garlic and continue cooking until golden brown, about 1 minute. Stir in aji amarillo paste and cook for 1 minute.
- 2. Add wine and cook until reduced slightly, about 2 minutes. Add fish stock and 1/2 cup tomatoes; stir to combine. Reduce heat to a simmer, and cook until thickened, 8 to 10 minutes.
- 3. Season halibut and shrimp with salt and pepper. Add halibut to skillet, gently pushing down, but not covering, with sauce. Cover and cook for 5 minutes. Uncover and add shrimp. Cover and continue cooking until fish is opaque, and shrimp is cooked through, about 3 minutes more. Add remaining cup of tomatoes and peas; cook until vegetables are heated through. Season with salt and pepper.
- 4. Transfer fish to a large serving platter, and spoon sauce over fish. Sprinkle with cilantro and serve immediately.

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