Fisherman’s Stew

I love the Fisherman’s Stew at McGrath’s (unfortunately they are closed) and found this knock off recipe when I was trying to duplicate theirs. Serve with your favorite bread and a tossed green salad.

Ingredients:

- 2 Teaspoons olive oil
- 1 Medium onion, diced
- 2 Large carrots, halved lengthwise and thinly sliced
- 2 Cloves garlic, pressed
- ½ lb. Yellow or red potatoes about 3 medium (I add more). Cut into 1-inch pieces
- ½ Cup white wine
- 1 14.5-oz Can diced tomatoes
- 1 8 oz. Bottle clam juice
- 1 Tablespoon tomato paste
- 2 Cups chicken broth (I add more)
- 1 Bay leaf
- 2 Teaspoons dried thyme
- ¼ Teaspoon kosher salt
- 3 Tablespoons finely chopped parsley
- 1 6-oz to 8-oz fillet salmon (I actually put in two)

Instructions:

1. Heat a medium pot over medium-high heat until hot; reduce the heat to medium. Add the oil and heat it for 10 seconds. Add the onion, carrots and celery, and cook until softened, about 5 minutes. Add the garlic and cook until fragrant, about 30 seconds.
2. Add the potato, wine, tomatoes, clam juice, tomato paste, chicken broth, bay leaf, thyme and salt. Bring to a boil, reduce the heat to maintain a simmer, cover, and cook for 15 minutes, or until potato is almost tender.
3. Add the parsley and salmon and cook, stirring to break up the fillet, until it’s fully cooked and broken into bite-size pieces.

Makes 6-8 servings.

Note: To use left-over salmon, simply add the cooked salmon at the end with the parsley and heat through.