



Brazilian Fish Stew

Serves: 4 as an appetizer

Serve with [Joseph Phelps Vineyards Viognier](#)

- 1 ½-2 lbs. Shrimp, peeled and deveined, shells reserved
- 1/8 cup Olive oil, as needed
- ½ cup Spanish onion, diced
- 1/8 cup Flour, as needed
- ¼ cup Dry white wine
- 1 qt. Fish stock (aka fish fumet)
- ¼ cup Coconut milk, fresh preferred
- 1 cup Heavy cream
- ¼-½ tsp. Salt, to taste
- 1/8-¼ tsp. White pepper, fresh, ground, to taste
- 1½-2 lbs. Sea Bass (or other firm white-flesh fish) cut into 2" cubes
- 1 Tbsp. Gingerroot, fresh grated
- 2-4 ea. Jalapeño peppers, diced to taste
- 2 pints Fresh "baby" tomatoes, rinsed & drained: yellow/red pear tomatoes and/or sweet 100's
- 1 Tbsp. Lemon zest, blanched & minced

For the Garnish:

- ½ cup Shredded coconut, toasted
- ½ cup Pine nuts, toasted
- ¼ cup Cilantro, rough chopped

Heat a 2-quart saucepot over high heat, add the oil and heat about 30 seconds. Add the shrimp shells and sear for 1-2 minutes while stirring frequently.

Add half of the diced onion and continue to cook 2-3 more minutes. Stir in the flour and cook for another minute.

Stir in the wine. It will most likely turn a bit "pasty." Whisk in the fish stock. (You may substitute with clam juice or chicken broth if needed.) Bring to a boil while whisking and allow to cook at a slow boil for 10-15 minutes. Season to taste. Strain into a paella pan or 2 qt. saucepot.

Note: Simmering for 30-45 minutes is best if you have the time. The shrimp stock can also be prepared 1-2 days in advance.

Add the remaining onion, garlic, gingerroot, coconut milk and heavy cream. Season to taste with salt and pepper. Bring to a simmer, add the fish pieces, cover with a lid and simmer for 3-5 minutes.

Add the shrimp, lemon zest and jalapeño pepper. Cover and simmer for 30 more seconds. Remove the pan from the heat, add the tomatoes, replace the lid and allow to warm through for 1-2 minutes.

Divide the seafood and tomatoes evenly between 6 warm soup bowls. Next, equally divide the liquid. Finish by equally dividing the garnish and serve.

Note: This is also a nice dish to serve family style.