

# Atlantic ocean fish stew with traditional wheaten bread



**PUNK CHEF**  
ON THE ROAD



# Ingredients

## Fish stew

2 tbsp rapeseed oil

1 onion, finely chopped

1 small fennel bulb, finely chopped

4 waxy potatoes, diced

3 garlic cloves, finely chopped

200ml white wine

400g passata

400ml fish stock

500g fresh mussels

200g monkfish

100g cooked cockles

150g squid

# Garnish

Fennel fronds

Dill

Wheaten bread

A bunch of parsley

Seaweed butter

Salted butter

Dulse

# Method

Heat oil in a large, deep-frying pan (that has a lid) and fry onion and fennel for 15 minutes until softened.

Stir in garlic and fry for 1 minute, then pour in wine and boil for 1 minute. Stir in passata and stock, also the potato cubes. Bring to the boil and simmer for 25 minutes to reduce.

Prepare the mussels: Wash in water and pull off and discard any stringy beards. Discard any mussels that don't close when tapped.

Prepare the squid: Remove the 'ears' from the sides and remove the skin with your fingers. Pull out the plastic feather, cut the tentacles just below the eyes and clean it under water, then cut the squid's body into rings.

Scatter the monkfish into the pan, top with the mussels and finally sprinkle over the cockles and squid. Cover with the lid and cook for 5 minutes until the mussels have opened and the fish is just cooked. Check seasoning.

Mix the dulse with salted butter.

Get a large mug, pour in the fish stew and spread the wheaten bread with dulse butter. Dip your bread in the soup to soak up the liquid; eat and enjoy while you watch the sun set in the Atlantic ocean.

