



### **Codfish Stew**

Featured on November 18, 2017 for “Cod and New England Coastal Cuisine” demo with Ris Lacoste

#### **Codfish Stew**

*Makes 12 4oz cakes*

#### **Ingredients**

2 tablespoons olive oil  
6 cloves garlic, minced  
1 pound chorizo, sliced or medium diced  
1 large onion (approx. 12 oz) finely diced, about 2 cups  
8 oz carrots, sliced or medium diced, about 1 ½ cups  
4 stalks celery (approx. 8 oz) sliced or medium diced, about 2 cups  
8 oz fennel bulb, medium diced, about 2 cups  
1 bouquet garni – ½ bunch fresh thyme, ½ bunch fresh parsley stems, 2 bay leaves  
2 cups white wine (optional: add a few threads of saffron to wine)  
1 oz Pernod or other anise flavored spirit, optional  
1 28-ounce can diced tomatoes in juice  
6 cups fish stock, light chicken stock or water  
1 pound potatoes, peeled and medium diced, about 2 cups  
1.5 pounds fresh codfish, diced into large chunks, about 3 cups  
1 pound uncooked salted cod = 8 oz poached = 1 ½ cups flaked salt cod (rehydrate and poach according to Codfish recipe)  
Salt and freshly cracked black pepper, to taste

#### **For the seafood stew herb mix:**

Zest of 1 large orange, about 2 tablespoons + whole zested orange cut in half reserved  
Zest of 1 lemon, about 1 tablespoon + whole zested lemon cut in half reserved  
2 tablespoons chopped fresh oregano  
2 tablespoons chopped fresh tarragon  
½ cup chopped fresh parsley  
2 teaspoons red pepper flakes

#### **Optional Garnish:**

2 cups aioli or rouille  
Herb and olive oil grilled baguette slices, or any delicious bread

#### **Directions**

In a large heavy based rondeau or Dutch oven, heat the olive oil over medium heat. Add the garlic and cook just for a second to season the olive oil to more flavorfully coat all of the other ingredients. Be careful however not to burn. Adjust heat if necessary.

Add the chorizo, coat with the garlic oil and cook, about 5 minutes, looking for some caramelization and great fragrance.

Add the onion, carrots, celery, fennel and bouquet garni and cook, stirring occasionally, coating them in the garlic oil and chorizo drippings, until the vegetables are clear, 5-7 minutes.

Add the white wine (scented with saffron, if using) and optional Pernod, bring to a boil and let cook a couple of minutes.

Add the remaining liquids – tomatoes and stock/water. Stir well and bring to a boil, 12- 15 minutes.

Reduce to a simmer and let cook to meld the flavors, about 10 minutes.

Add the potatoes and bring back just to a boil. They take about 5 minutes to cook through.

Add the fresh cod, salt cod and herb mix and again bring back just to a boil.

Let simmer for 5 minutes and turn off the heat. Let sit 5-10 minutes before serving. Season to taste with salt and freshly cracked black pepper. Ladle into soup bowls and serve with aioli and bread on the side.



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