

## fisherman's broth



### Method

**Fresh Tomato Sauce:** Take a heavy based pot, add 100mls olive oil cold, add to this chopped onion, crushed garlic, half of chopped basil, chilli and red capsicum. Now put the pot on a gentle heat and cook for 15min to cook all acid from capsicum and chilli. Next add tomato paste, turn up heat to colour a little at this stage add half white wine. Cook out the white wine for 1 min, now add the tin of crushed tomato. Turn heat down and allow to cook for 1 hour. Prep fish while waiting. After an hour - taste sauce and add sweet chilli sauce, ketchup, salt and pepper to taste. Finish sauce with the rest of the chopped basil.

**Paul's Tip:** *This sauce can be very versatile and can be the base of lots of other dishes, it will keep for up to 3 weeks in the fridge - it's important to cook all the acid from the tomato and the capsicum and chilli - this prevents the sauce from spoiling.*

**Fisherman's Broth:** Add garlic, cumin, chilli and cold oil inot a flat based wok, heat fry for 2-3 mins, add mussels and lightly toss, add white wine and cover with a lid. Remove lid carefully, when the mussels start to steam open - add squid and peeled prawns - fry for one min only. Add the fresh tomato sauce and bring to the boil. When the sauce starts to boil add the fish pieces. Simmer sauce for 3-4 mins. Taste - add some fish stock to thin the broth if it's too thick, add rissoni pasta, mozzarella and pecorino cheese.

**To Plate:** Garnish with lots of chopped parsley and basil, serve in a large white soup bowl with char-grilled wood fire bread.

### Ingredients:

#### Fresh Tomato Sauce

1x tin tomatoes, peeled & crushed  
4x red caps, roughly chopped  
1x long red chilli - roughly chopped  
1x bunch fresh basil  
100mls white wine  
100g tomato paste  
50mls tomato ketchup  
50mls sweet chilli sauce

#### Fisherman's Broth

2lt fresh tomato sauce  
1kg mussels  
400g filleted reef fish  
200g Aus green ocean prawns  
200g calamari - sliced  
200g risoni pasta  
100mls cream  
2x teaspoons freshly ground cumin  
1x long red chilli  
1x clove garlic - crushed  
1/2 bunch basil - chopped  
1 bunch flat leaf parsley - chopped  
100mls olive oil  
150mls of white wine  
75g mozzarella  
75g pecorino cheese

*This dish has become a bit of a signature dish at our restaurant [Fratelli Del Mare](#). We normally add this to our winter menu, however we have requests for it all year round. My brother-in-law and co-owner named the dish "Zuppa di peche" meaning seafood soup. This is not the exact recipe - but it's the closest I can give you without being killed by my kitchen staff! I'm sure you will enjoy, it's comfort food at it's best!*

*Paul Breheny*

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