



Recipe
suggestions

Mediterranean Fish Stew (serves 2)

Ingredients

- > 4 langoustines or tiger prawns
- > 150g clams
- > 200g red mullet, filleted
- > 200g potatoes
- > 1 garlic clove
- > 1 dried chilli
- > 25g fresh root ginger
- > ½ lemon, juiced
- > ½ tin chopped tomatoes
- > 75ml white wine
- > 2tbs olive oil

Method

- > Peel the potatoes then cut them into quarters, and slice the garlic thinly. Grate the ginger and squeeze the lemon.
- > Heat 2 tbs olive oil in a thick bottomed pan. Add the potatoes, garlic and chilli, and cook to colour.
- > Add the tomatoes to the potatoes and season. Cook for 15 mins or until the potato is soft
- > Stir in the ginger. Add all of the fish, then pour over the lemon juice and wine. Season and cover. Simmer for 5 mins by which time the clams should have opened and the langoustines firm.
- > Add the parsley and serve with olive oil drizzled over.

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H. R. H. The Prince of Wales
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