

# Provençal Fish Stew

*with Toasted Baguette & Aioli*

When fishermen in the south of France returned home from a long day of fishing, they wanted to create a delicious dish without using the most profitable fish of the day's catch. Thus began this simple, but elegant stew made with a tomato-based broth that we know today. Ours interpretation features premium fish like cod and salmon, accompanied by a toasted baguette, perfect for dipping.



## Ingredients

- 6 Ounces Multicolored Potatoes
- 4 Cloves Garlic
- 3 Tablespoons Kalamata Olives
- 1 Bunch Parsley
- 1 Lemon
- 1 Small Red Onion
- 1 Small Baguette
- 1 Fillet Salmon
- 1 Fillet Cod
- 14½-Ounce Can Diced Tomatoes
- ¼ Cup Mayonnaise



Makes 2 Servings  
About 600 Calories Per Serving

# Instructions



## 1 Prepare the ingredients:

Preheat the oven to 375°F. Heat a medium pot of salted water to boiling on high. Thinly slice the potatoes into ¼-inch-thick rounds. Peel the garlic. Thinly slice 3 cloves and mince the other clove, smashing until it resembles a paste. Using the side of your knife, flatten the olives to remove the pits. Roughly chop the olives and parsley. Cut the lemon into wedges. Peel and small dice the onion.



## 2 Toast the baguette:

Thinly slice the **baguette** into rounds and place them on a baking sheet. Drizzle the baguette with olive oil and season with salt and pepper. Bake in the oven 8 to 10 minutes, or until golden brown.



## 3 Cook the potatoes:

While the baguette toasts, add the **potatoes** to the pot of boiling water. Cook 8 to 10 minutes, or until tender when pierced with a fork. Drain thoroughly and wipe out the pot.



## 4 Start the stew:

Cut each **fish fillet** into chunks, then season with salt and pepper on both sides. In the pot used for the potatoes, heat some olive oil on medium until hot. Add the **onion** and **garlic**; season with salt and pepper and **cook** 3 to 4 minutes, or until the onions are translucent, stirring occasionally.



## 5 Finish the stew:

Stir in the **diced tomatoes** and simmer for 2 to 3 minutes to allow the flavors to develop. Stir in the **cooked potatoes, fish pieces,** and **half of both the parsley and olives** (reserve the rest for garnish). Cook 4 to 6 minutes, or until the fish is opaque and cooked through. (Be sure to stir carefully so the fish pieces don't break apart.) Season with salt and pepper to taste.



## 6 Make the aioli & plate your dish:

While the stew simmers, in a small bowl, combine the **mayonnaise, garlic paste,** and **the juice of ½ the lemon**. Stir until blended and season with salt and pepper to taste. When the stew is finished, divide between 2 bowls and sprinkle with **the remaining chopped olives**. Lay the toasted baguette slices over the top of the stew and spoon the **aioli** on top. Garnish with **remaining parsley and lemon wedges**. Enjoy!