

Our State eats

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Potato & Fish Stew

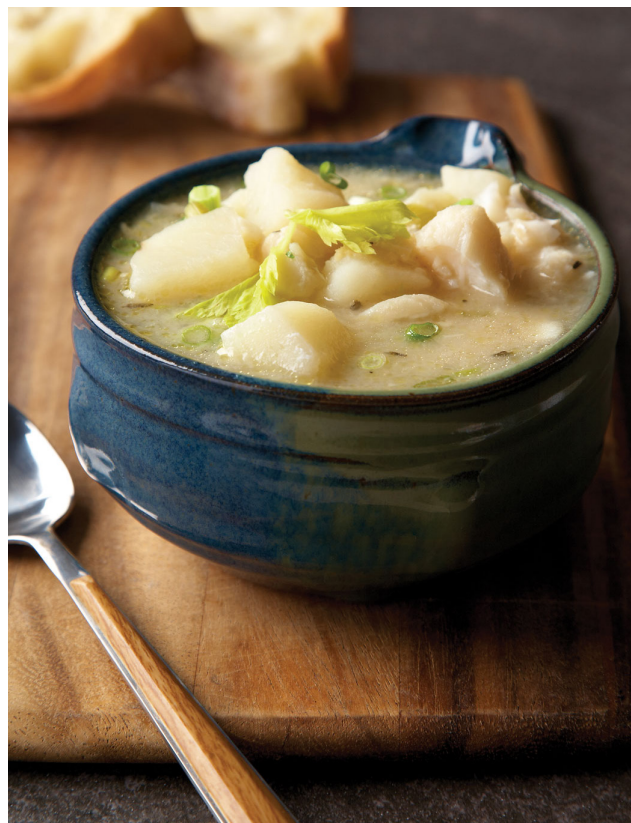
Yield: 6 servings.

- 3 tablespoons unsalted butter
- 1 small onion, chopped
- 3 stalks celery, chopped
- 2 cloves garlic, chopped
- 2 green onions, sliced
- 3 tablespoons all-purpose flour
- 1 (8-ounce) bottle clam juice
- 3 cups seafood stock
- 1 cup water
- 3 potatoes, peeled and cut into 1-inch cubes
- 1 bay leaf
- ½ teaspoon dried thyme
- ¼ teaspoon ground cayenne pepper
- 1 pound cod, catfish, or halibut fillets, cut into chunks
- 1 cup whole milk
- Salt and ground black pepper to taste
- Hot sauce (optional)
- Celery leaves (for garnish)

Melt butter in a 5-quart stockpot or Dutch oven over medium heat. Add onion, celery, and garlic, and cook, stirring, until onion is tender, 5 to 7 minutes. Add green onions and stir.

Stir flour into the vegetable mixture until vegetables are evenly coated. Pour clam juice, stock, and water into the saucepan; whisk until smooth. Add potatoes, bay leaf, thyme, and cayenne pepper to the mixture. Bring the liquid to a boil, reduce heat to medium-low, and cook at a simmer until potatoes are tender, about 15 minutes.

Place fish into the soup. Cover soup pot and cook until fish is flaky, about 8 minutes, depending on type of fish used.



Pour milk into the soup and stir. Simmer soup until hot, 1 to 2 minutes. Season with salt and black pepper. Remove bay leaf to serve. Add hot sauce, if desired, and garnish with celery leaves.

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