



Portuguese Caldeirada – Fisherman's Seafood Stew



4 Servings



45 minutes

Ingredients :

- Olive oil
- Onion
- Garlic cloves
- Green bell pepper
- Red bell pepper
- Tomatoes
- Potatoes
- White fish fillets
- Shrimp
- Mussels
- White wine
- Fish stock
- Bay leaf
- Paprika
- Salt
- Black pepper
- Fresh parsley



Instructions :

1. Heat olive oil in a large pot over medium heat and add the sliced onion and garlic , cooking until soft and fragrant .
2. Add the bell peppers and tomatoes , then cook for a few minutes until slightly softened .
3. Layer the sliced potatoes evenly over the vegetables and season lightly with salt , pepper , and paprika .
4. Arrange the fish fillets , shrimp , and mussels on top of the potatoes without stirring .
5. Pour in the white wine and fish stock , then add the bay leaf .
6. Cover the pot and simmer gently until the potatoes are tender and the seafood is fully cooked .
7. Remove from heat and let the stew rest briefly to allow the flavors to settle .
8. Garnish with fresh parsley before serving warm .