

PRIMO ESTATE

Mrs Grilli's Brodetto di Pesce

Traditional Fish Soup from Le Marche



This is one of Primo Estate winemaker and owner Joe Grilli's all time favourite dishes from his parent's home region of Ascoli Piceno in Le Marche on the central Adriatic coast of Italy. Joe says 'Dishes like this are EXACTLY why we make the JOSEPH d'Elena Pinot Grigio'.

Ingredients (4 people)

The mix of different seafood is key to the success of this dish – in Le Marche there would be at least 12 different kinds! Fresh squid and prawns in the shell are a must. Use firm fleshed fish like flathead, snook, snapper, ling, barramundi, red mullet, fresh tuna and swordfish either filleted or on the bone as you prefer. For shellfish try cockles, a handful or mussels and cleaned and quartered blue swimmer crab. Avoid delicate fish like whiting and garfish.

1kg mixed fish and shellfish
3 x celery sticks, coarsely chopped
1 x large onion, coarsely chopped
2 x large cloves of garlic, chopped
1 x chilli (optional), chopped
1 x carrot, chopped
Italian Parsley, one large bunch finely chopped
White wine, half a bottle Primo Estate La Biondina
Vinegar – half a cup preferably JOSEPH La Casetta Aged Vinegar (NOT balsamic – too dark and heavy!)
Pickled veggies ('giardiniera') or pickled gherkins coarsely chopped (Mrs Grilli's secret ingredient!)
A splash of sherry or sherry like wine preferably dry
Fish Stock 500ml
Chopped tomatoes 1 x 400g tin
JOSEPH Extra Virgin Olive Oil

Method

In a large high sided saucepan add half a cup of the JOSEPH Extra Virgin Olive Oil and sauté the celery, onion, carrot, half the parsley and chilli (optional) on medium heat for two minutes till soft. Add in the garlic and sauté for a further minute. Push the mixture to one side of the pan and sauté the squid for a minute till white, then remove the squid pieces to a bowl.

If you have blue swimmer crab then cook in the same way as the squid till red all over. Leaving the crab in the pan add the splash of sherry wine and mix the pan ingredients to evaporate the wine for 30 secs. Remove the crab to the same bowl as the squid.

Add the tin of chopped tomatoes to the saucepan mixture and stir in the vinegar, white wine and pickled veggies. Bring the pan to a simmer and add back the squid, crab and then each of the different kinds of fish one at a time adding the mussels/cockles last. Add the fish stock, salt and pepper to taste and simmer the whole lot for about 15 min. Take off the heat and stir in the remaining parsley. Drizzle the half cup of JOSEPH Extra Virgin Olive Oil over the top before serving with plenty of crusty bread on the side.



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wine and olive oil.

As Trustee for the
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