

PRIMO ESTATE

Dina Grilli's Recipe of the Month – April 2011

Nonna Palmina's Fish Stew/Alla Baccala

Salted cod, *baccala*, is a staple food all over Italy. However, it wasn't until I tasted Joe's grandmother, Nonna Palmina's, version of this humble dish that I became a convert. I have adapted her recipe and used fresh ling or swordfish instead. This is quick easy comfort food that pairs amazingly with our just arrived 2010 Primo & Co The Venetian. Salute and thankyou Nonna!



2 red onions (medium) 1cm cubed
2 cloves garlic crushed
1 large carrot stick including leaves 1cm cubed
1 large celery stick including leaves 1cm cubed
1 gherkin finely chopped
800gm swordfish or fresh ling 1cm cubed
4 medium red potatoes peeled and sliced into wedges
1 fresh bay leaf
¼ cup white wine
1 can diced tomatoes (Italian)
JOSEPH Cold Pressed extra virgin olive oil
Sea salt and pepper (black, freshly ground)
2 tablespoons of finely chopped fresh parsley

In a deep casserole dish add enough extra virgin olive oil to cover the base. When hot add onions, carrots, celery and bay leaf. Gently fry until onions soften and slightly colour, approx 5mins. Add wine, cook on high heat for 2 minutes until wine has evaporated. Add garlic and gherkin and cook until perfume is released, approx 30 sec. Add potatoes and tomatoes, season to taste and cook on medium heat until potatoes are almost cooked and a thick sauce has formed, approx 20mins. Add fish and cook on medium heat for 5 - 10 minutes or until cooked through; taste for salt and add more if necessary. Serve hot with a sprinkle of chopped parsley and extra drizzle of JOSEPH Cold Pressed extra virgin olive oil and fresh crusty bread.

Enjoy,
Dina.



The home of
JOSEPH
wine and olive oil.

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