

Boatman's Stew



Serves 4.

Ingredients

- 2 large onions, sliced
- 1 1/2 c. water
- 1/2 c. olive oil
- 1 tsp. salt
- 1 (1 lb. 3 oz.) can tomatoes
- 1/2 tsp. pepper
- 1 tsp. red pepper flakes
- 2 lb. fish (cod, haddock, etc.), cut into bite-size pieces
- 1/2 bunch chopped parsley
- 1/2 c. white wine

Method

1. Brown the onions in olive oil.
2. Add tomatoes with juice, red pepper flakes, pepper, parsley, wine, and water.
3. Simmer together for 30 minutes.
4. Add fish and simmer for 5 minutes or until fish is cooked.
5. Serve in deep bowls with bread.

Courtesy of member Evelyn Koch, House of Lancaster Cookery Book, 1986