

Teresa and João's Algarve Cataplana

Tastes Like Home with Catherine Fulvio

For the Base

Olive oil
2 Onions
3 minced cloves of Garlic
1 large ripe Tomato
Sliced Yellow, Green and Red Peppers White Wine
Chopped Chorizo
Coriander

For the Fish

4/6 grouper or croaker cuts Shrimp Crumb and Shrimp in Shell Clams

Razor clams

Cockles

Mussels

Coriander to garnish

Method

Cut your fish into chunks and marinate an hour before cooking or the night before in garlic, salt, white wine and olive oil.

Place your cataplana on the heat and add olive oil chopped garlic, coriander and onion and allow to soften while stirring. If you don't have a cataplana you can use a wok with a lid.

Add roughly chopped tomatoes and continue stirring, once softened add finely diced chorizo and white wine. Close the lid while these soften.

Add slice peppers and more wine, close the lid while the peppers soften.

Once the peppers are soft place the chunks of the marinated white fish in a layer on top.

When the fish is half cooked add a layer of shellfish. And of course another splash of wine!

When shell fish is just starting to open place a layer of shrimp.

Once the fish is cooked top with coriander and let it cook though.

Bring to the table in the dish with the lid on and serve to your guests with bread.