

Encinitas Fish Shop stew recipe

Store-bought marinara sauce ramps up flavor

By [Chris Ross](#)



Seafood stew from Encinitas Fish Shop. *Encinitas Fish Shop*

This simple recipe for a flavorful fish stew comes from the Encinitas Fish Shop. The casual seafood restaurant and market makes this straightforward stew with fresh fish, shrimp and a marinara-flavored broth. It's an easy recipe to adapt to your own seafood tastes.

The restaurant is located at 1010 S. Coast Highway 101 in Encinitas; (760) 436-4665, thefishshopencinitas.com.

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Encinitas Fish Shop Stew

Serves 4 to 6

- ½ cup virgin olive oil
- 2½ cups onions, diced
- 2½ cups celery, diced
- ¼ cup garlic, chopped
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 2½ cups green bell peppers, diced
- ½ teaspoon crushed red pepper
- 1 bay leaf
- 1½ cups red wine
- 3 cups bottled marinara sauce
- 64 ounces (½ gallon) fish stock (see note)
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1^{1/2} pounds chopped mixed seafood (your choice of favorite fish or scallops; the Fish Shop version uses salmon and mahi-mahi)
- 8 shrimp, peeled and deveined

Make the stock: Heat olive oil in a large pot. Add diced onions and celery and chopped garlic. Sauté for 2-3 minutes. Add fresh chopped rosemary, green bell peppers, crushed red pepper and bay leaf. Continue to cook for another 2-3 minutes. Add red wine and continue to cook for another 2-3 minutes. Add marinara sauce, fish stock, kosher salt and ground black pepper. Bring all to a boil.

Cook seafood: In a sauté pan, heat ¼ tsp. of virgin olive oil. Add the chopped mixed seafood and the shrimp. Add kosher salt and ground black pepper to taste. Sauté for 3-4 minutes.

To serve: Divide the fish and shrimp mixture among four bowls, cover with the stock and serve.

Note: Find fish stock at Whole Foods or Asian grocery stores.

