

mexican soup with salsa

winter



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DE COSTI SEAFOODS PTY LTD

Mexican soup with salsa

Serves 4

60 ml (1/4 cup) olive oil
1 large onion, chopped
1 large celery stalk, chopped
3 garlic cloves, crushed
2 small thin red chillies, deseeded and finely chopped
200 ml (7 fl oz) fish stock
800 g (1lb 12 oz) tinned chopped tomatoes
2 bay leaves

1 teaspoon dried oregano
1 teaspoon caster (superfine) sugar
2 large cobs of corn, kernels removed
500 g (1 lb 2 oz) Swordfish steaks
2 tablespoons chopped coriander (cilantro) leaves
juice of 2 limes
12 Lge prawns (uncooked), peeled & deveined, tails intact
8 scallops, cleaned, off the shell (roe-on)
125 g (1/2 cup) thick (double/heavy) cream
400 g Vongole

Salsa

1/2 small avocado. 1 tablespoon coriander (cilantro) leaves
Finely grated zest and juice of 1 lime. 1/2 small red onion, finely chopped

Fish substitution

Snapper, blue-eye cod

Heat the oil in a large saucepan. Add the onion and celery and cook over medium heat for 10 minutes, stirring now and then. Add the garlic and chilli to the pan and cook for 1 minute, stirring. Add the fish stock and tomatoes and break up the tomatoes in the pan using a wooden spoon.

Stir in the bay leaves, oregano and sugar and bring to the boil. Allow to bubble for 2 minutes, then reduce the heat to low and gently simmer for 10 minutes. Cool for 5 minutes, remove the bay leaves, then tip the tomato mixture into a food processor or blender and whiz until fairly smooth, but not completely so. Alternatively, push the mixture through a coarse sieve or mouli by hand.

Return the tomato sauce to the saucepan and season with salt. Add the corn kernels and bring back to the boil. Reduce the heat to a simmer to cook for 3 minutes, or until the kernels are just tender. Cut the fish into large chunks.

Stir the coriander and the lime juice into the sauce, add the fish to the pan, then simmer gently for a minute. Add the prawns and scallops and scatter the vongole on the top. Cover with a lid and cook gently for a further 2-3 minutes, or until the seafood is opaque and cooked through, the prawns have turned pink and the vongole have steamed open. Discard any vongole that have not opened by now.

While the fish is poaching, make the salsa. Chop the avocado into small cubes and mix with the coriander, the lime zest and juice, and red onion and season with salt and pepper. Before serving, stir the cream into the soup, ladle into deep bowls and top with salsa. Serve with sourdough.

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It is this passion for quality and service that have made De Costi's the largest supplier of fresh seafood in the country and undeniably one of the most respected in the world.

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