

# Cooking at Riegelmann's

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[www.miloscitycafe.com](http://www.miloscitycafe.com)

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## **Northwest Seafood Stew**

2 T good olive oil  
2 T chopped yellow onion  
2 T chopped carrots  
2 T chopped sweet roasted peppers  
2 small red potatoes quartered  
1 t chopped garlic  
1 T chopped fresh herbs  
2 oz dry white wine  
2 oz seafood broth  
1 t balsamic vinegar  
4 oz marinara sauce  
5 oz chopped assorted seafood

In a large heavy skillet or saucepan place the olive oil, vegetables and potatoes, gently sweat or soften them, add the garlic & fresh herbs and allow them to soften and become fragrant, add the wine and reduce slightly, add the seafood broth, vinegar and marinara sauce, stir to combine well then add the chopped fish. Cover and cook over medium heat about 5 minutes or just until the fish is cooked through. To serve pour into a large bowl and serve with garlic bread.