

Miso Fish Stew

Ingredients (makes 4 servings)

- 2 TBS butter
- 2 TBS olive oil
- 2 leeks, cleaned and thinly sliced
- 1/4 C white miso paste
- salt and pepper
- 2 bottles clam juice
- 1 lb new potatoes, scrubbed and quartered
- 1 tsp dried thyme
- 1 15oz can full fat coconut milk
- 2 C vegetable broth
- 1-2lbs fresh or frozen white flakey fish, cubed (you can either thaw the fish out ahead of time or just put the frozen chunks into the stew. Either is fine.
- 4-5 scallions, ends removed and thinly sliced
- pinch of red pepper flakes (optional)



Directions

1. Start by heating the olive oil and butter over medium heat in a large heavy bottomed soup pot. Add leeks and season with salt and pepper. Cook the leeks for 3-4 minutes, then stir in the white miso paste. Use the back of a wooden spoon to stir the miso into the leeks, until the miso melts and the leeks have softened.
2. Stir in the potatoes, dried thyme, clam juice, coconut milk, and broth. Bring to a low boil, stirring occasionally, until the potatoes have softened, which should be about 10-15 minutes.
3. Once they've softened, add in thinly sliced scallions and the fish, pushing the fish chunks into the broth. Bring it all to a low boil and cover, cooking for 15-20 minutes until the fish is cooked through.
4. Season with salt and pepper and you can serve it right away. You can also add a pinch of red pepper flakes if you want a bit of spice.

****You can make this up to a day ahead, which really allows for the flavors to come together.**