

## FISH STEW



**Chef:** Monica Copetti

### Method

Serves 4

Dice the fish, add the Pomodorina tomato sauce, the capers and the Leccino olives. Flavour with rosemary and sage leaves.

#### Tips

Cook in a saucepan, on low heat, for about 30/35 minutes, after pouring over some white wine and leaving it to evaporate.

#### LOW-TEMPERATURE COOKING TECHNIQUE

Temperature: 80°C

Time: 1 hour

Before serving, regenerate in a non-stick pan with a drizzle of extra virgin olive oil, adding some water if necessary.

### Menù Ingredients

20 g Capperini in olio extra vergine di oliva - Small Capers in Extra-virgin olive oil - XG7

400 g Pomodorina - Pomodorina sauce - CA1

50 g Olive Leccino Nostraline denocciolate - Pitted Leccino Olives - Z91

to taste Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

### Ingredients

1 kg mixed fish (cod, sea bream, John Dory, sea bass)

to taste Rosemary

to taste Sage