



Elvea, festa all'italiana

Italian fish soup



Ingredients for 2 Persons

1	monkfish
2	red prawns
2	squids (whole)
2	squid tentacles
1	bass fillet
1 ball	garlic
0,50	onions
100 g	ELVEA Pomo e Legumi
1 dash	white wine
250 ml	water
leaves	parsley, chopped
sprigs	twigs of rock samphire, finely chopped
1	rustic bread
	olive oil
	salt

Preparation

Cut the monkfish and the bass into large pieces.

Remove the heads of the prawns.

Cut the squid into rings.

Heat a drizzle of olive oil in a pan.

Cut the garlic head in half (without peeling it) and put the pieces in the pan.

Now add the onion and the pieces of fish and cook for a few minutes. Season with pepper and salt and add Pomo & Legumi.

Deglaze with a drizzle of white wine. Let reduce for a few minutes and then add 250 ml of water.

Season with chopped parsley and rock samphire (or dill) and simmer for 15 minutes over low heat.

In the meantime, cut the bread into slices and brush the slices with olive oil.

Toast until crisp.

Remove the garlic and the onion from the fish soup. Divide the soup in two plates.

Finish with a twig of rock samphire and serve with toasted bread.

