

Sunvil Supper Club

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July 2016 - Caldillo de Congrio (Conger Chowder)



Ingredients (serves 4)

- 4 conger eel fillets (or use firm flesh white fish)
- ½ kg small mussels, clams, scallops and shrimps
- 6 small potatoes, peeled and cooked
- 1 large onion, thinly sliced
- ¼ red pepper, thinly sliced
- ½ carrot, grated
- 3 tomatoes, peeled, de-seeded and chopped
- 4 cups fish stock (homemade or tinned)
- 3 tbsp vegetable oil
- ¾ cup dry white wine
- 1 cup double cream
- 1 egg yolk
- 4 cups of parsley sprigs, chopped
- ½ cup minced parsley, salt and black pepper
- 1 clove of garlic, crushed
- 1½ tsp sweet paprika
- 1 bayleaf

Method

- In a large saucepan, heat the oil and cook the onion until soft but not brown
- Add the red pepper, carrot, garlic and paprika and stir and cook for 2 minutes
- Add tomatoes, fish stock, wine, parsley and bay leaf
- Season with salt & pepper
- Bring to the boil, reduce to a simmer and cook for 20 minutes
- Add the fish, shellfish and potatoes
- Simmer for 10-15 minutes over a low heat until the fish turns opaque and the shellfish open
- In a small bowl, whisk the cream and egg yolk
- Gradually ladle some hot soup into the egg mixture before adding to the soup
- Prevent egg and cream from curdling and don't let the soup boil
- Garnish with fresh chopped parsley before serving

Caldillo de Congrio is a Chilean favourite - a simple fisherman's stew made with red conger eel.

It is traditionally served in ceramic or baked clay bowls to maintain its temperature for longer.

It was one of the dishes that Michelle Bachelet, President of Chile, served Prince Charles, Prince of Wales during his visit to Chile in 2009.

You can substitute the red conger eel with any firm-flesh white fish

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