

# Fish Stew



Preparation Time	Cook Time	Servings	Oven Temperature
20	30-60	4	-
minutes	minutes	people	Celsius/Fahrenheit

I created this when I was about 8-9 years old. I was thought something similar at school, but it needed some improvements. This became one of the favorites within my family.

## Ingredients:

- 4.5 lb. potatoes
- 2 lb. carrots
- 1 leek
- 1 lb. butter (with salt)
- 1/2 cup water
- 1 lb. Cod or similar fish



## Preparations

1. Peel the potatoes and carrots, and slice them in thin slices. Make sure to keep them in cold water so that the potatoes don't turn brown.
2. Chop the leek, I use a good sized one and chop it up as much as possible.
3. Slice the butter in 8-10 similar sized pieces
4. And slice the fish into small pieces. It's all going to be boiled to a stew, but smaller cubes of fish makes it easier to stir.
5. Start with putting 3-4 slices of butter in a 1-1.5 gallon casserole.
6. Add half of the potatoes and carrots.
7. Add the leek
8. Add all the fish
9. Add what is left of potatoes and carrots.
10. Add the rest of the butter on top of this
11. Finish with the water
12. Turn up the heat to a little above middle on your stove. You want it to boil but not burn.
13. As the butter melts and the water starts boiling the stew will come together. Remember to stir every 5 minutes. Just to get everything mixed, and to make sure nothing at the bottom burns.
14. Let this boil on as low heat as possible (still boiling) for about an hour.

It's absolutely possible to make this early and heat it up before dinner time. Serve with a sprinkle of sea salt on top.

I hope you enjoy it as much as I do