

## Seafood Soup – *Sopa de Mariscos*

### Ingredients (for 8 portions)

¾ lb (340 g) white fish filets, such as cod or halibut

#### **Some or all of the following seafood, to taste:**

¼ lb (112 g) octopus; gutted, cleaned,  
and cut into bite-size pieces

¼ lb (112 g) mussels or clams; cooked, shelled

½ lb (225 g) small squid; gutted, cleaned,  
and sliced into rings and/or bite-size pieces

½ lb (225 g) small shrimp (25-30); peeled  
and black strip removed

5-6 red dry peppers; mixed to taste,  
mild *guajillo* and hot *de árbol*

2 carrots

2 zucchini

1 chayote, or omit

1 large potato

1 large tomato

6-8 radishes

1 bunch cilantro

2 avocados (optional)

4 limes

1 onion (red or white);

peeled

2 cloves garlic; peeled

2 tbsp olive oil

8-10 cups hot water

Salt and pepper, to taste



**Prep veggies and dry pepper sauce:** Wash and dry ingredients on the list, from dry red peppers to limes. Place dry peppers in a bowl with one cup of freshly boiled water, and allow to soak for 10-15 minutes. Remove and discard stems (and seeds, optional, for milder taste) from hydrated peppers; process peppers with their soaking water in a blender, for about one minute, until very smooth, and reserve this sauce. Remove stem spot from tomato, and slice in half; slice radishes, then cut into matchsticks; finely chop garlic; chop onion; chop cilantro, including stems; leave potato whole until it is time to use; peel carrots, remove ends, cut into quarters lengthwise, then slice into cubes; remove ends from zucchini, cut into quarters lengthwise, then slice into cubes; slice chayote in half lengthwise, peel and remove hard edges, slice lengthwise into half-inch (1.25 cm) strips, then cut into bite-size blocks. **Cook octopus:** Bring two cups of water to boil in a small pot over high heat, then add octopus. Cook until tender; a medium whole octopus takes between 35 and 40 minutes to cook, so cut-up pieces take about 20 minutes. Check with a fork or toothpick; there should be very little resistance; remove from heat and reserve. **Prepare soup:** Warm up oil in a large pot over medium heat. Add half the chopped onions (reserve the other half as a topping), and sauté until translucent. Add carrots, and stir, cooking for another two minutes; add garlic in the middle of the pot, stirring, for a few seconds, then pour in one cup of hot water.

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Tuck in tomato halves, cut side down, cover pot and allow to cook for a couple of minutes. Uncover, and using tongs or a fork, check if tomato skins have loosened up, then remove and discard. Break up peeled tomato halves with the fork or tongs. Add four cups of hot water to the pot and bring back to boil. Meanwhile, peel (optional) and slice potato into sticks, then cut into cubes; add them to the pot, along with the chayote (if using), allowing to cook for about three minutes, so they are a little soft, but have not lost their shape. Add squid, mussels (or clams) and fish, allowing to cook without stirring. Once fish is cooked, it may be removed and reserved until serving, for a chunky finish, or left in the pot, where it will break up and add texture to the broth (as in this recipe). Once squid is cooked (about five minutes), add shrimp and reserved octopus with its cooking liquid. Add zucchini and reserved sauce, incorporating by gently stirring. Add more hot water, as needed, one or two cups, and season with salt and pepper, to taste. **To serve:** slice limes into wedges, and slice avocado (if using); add fish chunks (if reserved). Scoop seafood and veggies into a large soup bowl, then pour in broth; sprinkle cilantro, onions, radishes and avocado (if using) on top, and serve with lime wedges on the side:

