

Recipes from the Working Waterfront Festival



Fresh Hake poached in onion, garlic, tomato sauce (*Bacalhau fresco escalfado com molho de tomate cebola, alho*)

Contributed by Maria Lawton, author of Azorean Cooking, from my family table to yours

This recipe is a very simple fish dish and can be made with any type of white fish. I prefer using fresh cod or hake. I love to serve this dish with a nice green salad, some fresh bread and a great glass of wine. Enjoy.

Yield: four servings

Total time: 60-75 minutes

Ingredients

- 2 lbs of fresh Hake, cut into portions
- 2 lbs of ripe tomatoes, peeled, seeded and chopped
- 2 large sweet onions, sliced and cut in half
- 4 cloves of garlic, thinly sliced
- 6 Tablespoons of olive oil, enough to cover the bottom of the pan
- 1-2 tablespoons of the chopped hot pepper sauce
- 2 cups of white wine
- Salt and pepper to taste
- 1 tablespoon of paprika
- 1 small bunch of parsley, chopped

Directions

Heat the oil in a large, deep skillet over medium heat. Add the onions and cook until they turn a nice golden color, about 15 min. Next, add the garlic and mix well with the onions. Then add the chopped tomatoes with their juices, wine, salt and pepper and the hot chopped pepper sauce. Stir everything together thoroughly, then lower the heat and simmer everything together for about 30 min. You'll notice that the tomatoes will breakdown and the sauce will begin to thicken. At this point you can start to add the portions of fish and lay them on top of the tomato sauce. Season the fish with salt, pepper and paprika, and sprinkle the parsley on top. Use the lid to cover the pan for about 5-10 minutes or until the fish is cooked to your liking. The steam will poach the fish faster than you think, especially if the fish is a thinner fillet. So keep a good eye on it.

Maria Lawton was born in the village of Rosario da Lagoa on the island of Sao Miguel, Azores. She and her family moved to the United States and settled in New Bedford, Massachusetts when she was six years old. With the passing of her mother and grandmother she realized that none of their recipes were written down. She made her mission to replicate those meals and share the recipes in order to preserve her Azorean culture. Maria Lawton's cookbook, Azorean Cooking, from my family's table to yours, presents traditional Azorean recipes that she grew up with. Intermixed with the recipes are remembrances of family, friends and the island of Sao Miguel.