

what geeks eat...



### **Simple Fish Stew**

2 pieces of cod, fresh or frozen, cut into chunks  
1 large onion, diced  
1/4 cup of diced ham, bacon, or smoked pork jowl  
6 cloves of garlic, diced  
2 ribs of celery, diced  
1 cup of fresh or frozen bell pepper strips  
1 cup of fresh or frozen okra  
1 large can of roma tomatoes  
8 ounces of chicken stock or water (if needed)  
Tabasco Sauce to taste  
Worcester Sauce to taste  
2 teaspoon Gumbo Filé powder

If your using frozen fish get it out of the freezer now. Add to a 4 quart pan on medium heat the pork, celery, onion, and garlic. Allow this to cook until soft. Add the pepper strips, tomatoes and stock or other liquid if needed. Bring the heat back up and then add the Tabasco and Worcester sauces to taste. Check for salt. Add the okra and bring back up to heat. Cut the fish into chunks and add it to the pot. Bring it back up to heat. Once the fish is cooked through add the Gumbo Filé and stir well. Serve with some parsley on top.