



## ***Basque Stew*** by Nickodemus

500g firm fish fillets, such as tuna or Mahi-Mahi, cut into bite sized chunks, season and set aside.

1 can diced tomatoes

1 red onion, sliced thinly

3-4 garlic cloves, sliced thinly

1/2 green capsicum, seeded and diced

3-4 red potatoes, cubed

1 1/2 tbsp olive oil

1 bay leaf

Saffron

1/2 tbsp paprika

2 tbsps capers, rinsed

1/2 cup white wine

Fresh chopped parsley for garnish

Heat a large sauce pan to medium heat. Add olive oil and saute the onion and garlic till soft. Add everything else EXCEPT fish to the pan. Cover with water. Bring to boil, then simmer covered for 25 minutes. Add fish and cook for 4 more minutes. Sprinkle with parsley and serve immediately with crusty bread!

### ***Nickodemus (USA)***

*Outstanding New York City DJ Nickodemus, plays unique and uplifting, energetic sets that embrace break beats and brisk grooves with world, folk, funk, jazz, soul and dance music, all laced with messages of peace and love.*