

Recipes from the Working Waterfront Festival



Red Fish Soup

Contributed by Angela Sanfilippo, President of the Gloucester Fishermen's Wives Association

Yield: six servings

Prep time: 20 minutes

Total time: 50 minutes

Ingredients

- 2 pounds red fish fillets, cut into pieces
- 1 cup sliced onion
- 1/2 cup chopped carrots
- 1 cup chopped celery
- 1 8-ounce can tomato sauce
- 1/3 cup olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 teaspoons chopped fresh parsley
- 2 cups of water

Directions

In a sauce pan, sauté onion, carrots and celery in oil until softened. Add tomato sauce and cook for an additional three minutes, moderate heat. Add 2 cups of water, salt, pepper and parsley. Stir, and bring to boil. If too thick, add more water, lower heat and add the red fish, cook about 15 minutes. Serve with hard bread, crackers and over white rice and add grated Romano cheese.

Angela Sanfilippo came to the United States in 1963 from Sicily. She has been a tireless advocate for the fishing industry as the President of the Massachusetts Fishermen's Partnership and the Gloucester Fishermen's Wives Association which published a seafood cookbook Fish is Our Dish in 2006.

A note from Angela Sanfilippo: "This recipe comes from my grandmother. At the time it was the food of the peasants. When we came to Gloucester people did not know what to do with red fish so my mother started to introduce the soup to other fishing families. Today when we get some red fish and we make the soup it is a feast. If I make the soup I call my children, my sister, my brother and we all eat like kings."