



FISH SOUP

(Psarosoupa)

Fish in any form is welcome on the Greek table.

2/3 cup Krinos Extra Virgin Olive Oil, plus several tablespoons for drizzling over cooked fish
3 celery stalks, washed and sliced thin
1 large leek, tough greens and root trimmed, washed thoroughly, and sliced thin
3 carrots, peeled and sliced thin
1/2 teaspoon peppercorns
1 1/2 quarts water
3 pounds large fresh white fish (bass, grouper, snapper, or cod), cleaned and cut in half
3 potatoes, peeled and cut into large chunks
Salt, pepper to taste
Juice of 1 lemon, plus extra for seasoning cooked fish
Mayonnaise
2-3 tablespoons Krinos capers, rinsed (optional)

Heat 1/2 cup olive oil in a large soup pot and add the celery, leeks and carrots. Sauté over medium heat, tossing to coat, until softened, about 8 minutes.

Pour in 1 1/2 quarts (6 cups) water, and add the peppercorns. Bring to a boil, lower heat, and simmer the vegetables for 25 minutes. Remove the vegetables to a platter, using a slotted spoon. Add the fish to the stock and simmer for 15-20 minutes, until the flesh starts to fall away from the bone.

Strain the soup, reserving the broth and the fish separately. Add the potatoes back to the pot, together with the remaining vegetables and simmer another 10-15 minutes, until the potatoes are tender. Season with salt, pepper, and lemon juice, and just before serving add remaining raw olive oil to soup.

Remove the bones from the fish and place the flesh on a platter, drizzled with olive oil and lemon juice, or tossed lightly with mayonnaise, a few capers, and pepper.

Yield: 6 servings