



ORGANIC CUISINE

Ray McVinnie

Lemony Chickpea and Potato Stew with Barbecued Groper and Green Olive Tapenade

©Ray McVinnie and Associates Ltd.

GREEN OLIVE TAPENADE

- 1 cup pitted green olives
- 1/2 cup roasted blanched almonds
- 1/2 cup flat leaf parsley leaves
- 1 clove garlic
- 2 tablespoon capers
- 1/2 cup extra virgin olive oil

Put everything into a food processor and process until you have a chunky paste.
Put into a bowl and set aside.

CHICKPEA AND POTATO STEW

- 4 tablespoons olive oil
- 4 cloves garlic, finely chopped
- 2 onions, finely chopped
- 1 carrot, finely diced
- 1 stick celery, thinly sliced
- 1 tablespoon very finely chopped rosemary
- 1/2 teaspoon toasted fennel seeds
- zest of 1/2 large preserved lemon, finely chopped
- 2 large Agria potatoes, peeled and diced 3 cm
- 2 1/2 cups cooked chickpeas (soak overnight then boil 1 1/4 cups raw chickpeas or use canned)
- salt and freshly ground black pepper
- 1 handful rocket leaves
- 4 tablespoons chopped flatleafed parsley plus extra for sprinkling
- lemon juice to taste

PTO

Heat the oil in a deep frying pan and add the garlic, onions, carrot, celery, rosemary, fennel seeds and preserved lemon.

Fry gently without browning for 20 minutes until the onion is soft.

Add the potatoes and chickpeas and mix well.

Add enough water to cover and bring to the boil.

Simmer for 20 minutes until the potato is soft and the mixture thick like a stew. Mash some of the potatoes to help thicken the stew.

Stir in the rocket and parsley, let the rocket wilt, taste, season well and sharpen with lemon juice.

Reserve.

GROPER

olive oil for brushing

6 x 150-200 g pieces skinned boned groper fillet or similar firm white fish

Brush the fish with olive oil and barbecue until just cooked through.

Serve on the stew with tapenade on the side.

Garnish with parsley sprigs.

Serves 6.

Ray McVinnie

M.A.(Hons), C&G Dip CA

Food Editor *Cuisine*

Food Editor *Sunday Star Times, Sunday Magazine*