



FISHERMAN'S SOUP

(Kakavia)

Diehards insist that kakavia must be made with sea water! Here, we offer a practical version to what is traditionally the fisherman's dish of sustenance.

3/4 cup Krinos Extra Virgin Olive Oil
4 medium onions, peeled and sliced thin
4 plum tomatoes, peeled and chopped
3 pounds mixed white fish, gutted and cleaned
1 pound shrimp, cleaned
2 medium potatoes, peeled and diced
Salt and freshly ground black pepper
1/4 cup finely chopped flat-leaf parsley
6 slices thick toasted bread

Heat half of the olive oil in a large soup pot and add the onions. Cook covered over medium heat until wilted, about 7 minutes. Add the tomatoes, and 6 cups water. Bring to a boil, reduce heat, and simmer for 15 minutes. Strain, reserving the vegetables and pouring the stock back into the pot.

Add the fish and shrimp to the stock, and simmer for another 20 minutes. Remove the fish with a slotted spoon, debone it, breaking the flesh apart into small pieces. Add it back to the soup pot, together with the vegetables. Add the diced potatoes, season with salt, and simmer the soup, partially covered, for 2 hours, until thick. Add more water if necessary. Sprinkle the parsley and remaining raw olive oil into the soup before removing from heat.

To serve, place six slices of thick toasted bread on the bottom of six bowls and ladle the soup into each of the bowls.

Yield: 8 servings