

Tierra del Fuego — Caldereta Fueguina ■ Style Fish & Mussel Stew

Sweden ■ friendly • Serves 4 • ~35–45 minutes



Photo: courtesy of Lambros

Ingredients

- 600 g white fish (cod/torsk, haddock, pollock), cut into big chunks
- 400–500 g mussels (fresh) or 250–300 g cooked frozen mussel meat
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 carrot, diced (optional)
- 2–3 potatoes, diced
- 1 red bell pepper, sliced (optional)
- 2 tbsp olive oil
- 1 tsp sweet paprika (plus chilli flakes to taste)
- 1 tbsp tomato purée
- 1 can chopped tomatoes (400 g)
- 500 ml fish/veg stock (cube is fine)
- 100 ml dry white wine (optional)
- 1 bay leaf, black pepper

- Salt (add at the end)
- To finish: parsley + lemon wedges

Optional add-in (your plan)

*You can mix in **salmon** as well (fresh or thawed). Add salmon chunks at the same time as the white fish, but keep the simmer gentle so it stays tender.*

Steps

- 1 **Build the base:** Sauté onion (and carrot) in olive oil ~5 min until soft. Add garlic 30 sec.
- 2 **Toast the flavour:** Stir in paprika and tomato purée 30 sec.
- 3 **Simmer:** Add tomatoes, stock (and wine), bay leaf, potatoes (+ bell pepper). Simmer 12–15 min until potatoes are nearly tender.
- 4 **Add fish:** Add fish chunks (and salmon if using). Simmer gently 4–6 min—avoid a hard boil.
- 5 **Add mussels:** If using fresh mussels, add, cover, cook 3–5 min until opened (discard any that stay closed). If using cooked mussel meat, stir in for the last 1–2 min to warm.
- 6 **Finish:** Add black pepper, parsley and lemon. Taste and add salt last (stock/mussels can be salty).

Serve

- Crusty bread (baguette/ciabatta) for dipping
- Or boiled potatoes / rice if you prefer
- Quick salad: cucumber + lemon + olive oil

Notes

In Tierra del Fuego, a similar stew is often made with king crab (centolla) when available. This version keeps the same cozy tomato■paprika profile using ingredients easy to find in Sweden.