

Aunty Angie's Psarosoupa (fish soup)

Serves 6-8

3 ltrs water

2 large potatoes, peeled and quartered

3 medium-sized carrots, peeled and quartered lengthwise

2 onions, peeled and quartered

2 lemons, 1 peeled and quartered (the other for serving)

2 celery sticks, trimmed and cut into 8 pieces (longways)

½ small bunch continental parsley

1 tomatoes, trimmed and quartered

¼ cup olive oil

1 tsp salt, ground pepper

¾ cup medium grain rice

½ tbs vegetable stock powder, or 2 vegetable stock cubes

1 kg bony fish such as Gurnard, Salmon, Trout, Snapper, Flathead, Whiting, Murray Cod or Australian Herring. Having a mixture of bones, head and flesh is best, though you can also use a whole fish. Wash the fish/pieces, sprinkle with salt and place in the fridge.

Add all the ingredients (except the fish and the rice) into the stock, and cook until vegetables are soft. Remove vegetables with a slotted spoon, and set aside. Place fish pieces and bones/heads etc. into stock. When the fish starts coming off the bone (approximately 20 minutes depending on size), it is cooked. Remove fish with slotted spoon and set aside. Strain stock in fine sieve and place back on stove. Add rice to the stock and cook until rice is soft (approximately 15 minutes).

If using whole fish, place on a serving platter. If using pieces, flake fish off the bones and place in serve dish. Place vegetables around the fish. Serve the soup in bowls, with lemon on the side. Each person can add vegetables, fish pieces and lemon juice to their bowl as per their preference.