



fresh fish markets

## ITALIAN SAUSAGE, WHITE BEAN MAHI STEW

*serves 4*

### INGREDIENTS

- 1 lb. Italian sausage, casings removed
- 1 large onion, thinly sliced
- 1 small chile de arbol, minced
- 4 garlic cloves, minced
- ¼ cup white wine
- 2 15-oz. cans cannellini beans, drained, rinsed
- 3 cups chicken stock
- 3 sprigs fresh rosemary & 4 sprigs fresh thyme, bundled together
- ½ tsp. lemon zest
- 4 6-oz. portions fresh mahi, rinsed, patted dry, and cut into large chunks
- Fresh parsley, finely chopped
- Parmesan cheese, shaved or grated
- Kosher salt and freshly ground pepper

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This is Kathleen's favorite recipe from the  
2016 Grilling Competition – by April Barr

Heat a large, heavy-bottomed pot over medium-high heat. Add crumbled sausage and brown. Remove sausage from pan with a slotted spoon and drain on paper towels, reserving 3 tbsp. of drippings in the pan.

Add onion and pepper to pan and sauté until softened. Add garlic and cook an additional 3 minutes. Pour wine into vegetable mixture to deglaze the pan, scraping the bottom with a wooden spoon to loosen browned bits.

Add beans and broth. Season with salt and pepper, and return to a boil. Stir in sausage and lemon zest. Add rosemary/thyme bundle (this will be removed from the stew later).

Reduce heat and simmer, stirring often, until beans are very soft and stew has thickened.

Season the mahi with salt and pepper. Use tongs to gently snuggle the fish into the stew. Add additional chicken stock first if stew appears too thick. Cover and simmer for 10-15 minutes, or until the fish flakes easily.

Garnish with parsley and Parmesan cheese.

We're picky about our seafood.  
We think you should be too.

