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# Chardonnay Fish Stew

*The Windsor Family Cookbook*

*Windsor Vineyards, CA*

**1 pound swordfish steaks, cut in large chunks**

**1 pound salmon steaks, cut in large chunks**

**1/2 yellow onion, sliced**

**1 stalk celery, cut in 1/4-inch strips**

**1 red onion, sliced**

**8 ounces fresh mushroom caps**

**6 slices orange**

**6 slices lime**

**1/2 cup chardonnay**

**1 cup vegetable broth**

**2 tablespoons soy sauce**

**1 zucchini, cut in 1/4-inch rounds**

**1 green bell pepper, coarsely chopped**

**6 to 9 sprigs fresh thyme, chopped**

Place the yellow onion and celery in the bottom of a large baking dish. Add the fish, mushrooms and red onion. Top with the orange and lemon slices.

In a bowl, mix the chardonnay, broth and soy sauce. Pour over the fish mixture.

Bake at 350 degrees for 45 minutes. If desired, top with the zucchini, green pepper and thyme to taste.

Bake for another 15 minutes.

Serve over steamed rice.

Yield: 6 to 8 servings

## Seafood

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*Per Serving (excluding unknown items): 1980 Calories; 40g Fat (18.3% calories from fat); 205g Protein; 199g Carbohydrate; 34g Dietary Fiber; 416mg Cholesterol; 4530mg Sodium. Exchanges: 2 Grain(Starch); 25 1/2 Lean Meat; 6 1/2 Vegetable; 8 Fruit; 1 Fat.*