

Spicy Tomato Seafood Stew

Preparation time: 70 min

Difficulty: Easy

Ingredients

- Butter: 1 TBSP
- Celery - finely diced: ½ cup
- Chicken or seafood stock: 1 ½ cup
- Extra virgin olive oil: ¼ cup
- Fennel Seeds: ¾ Tsp
- Fine sea salt: ⅛ Tsp
- Ground white pepper: ⅛ Tsp
- Large shrimps or prawns, cleaned, peeled and sprinkled with fine sea salt: 8 to 10 pieces
- Mussels, scrubbed and cleaned and sprinkled with fine sea salt: about 15 pieces approximately
- Red chili flakes: ¼ Tsp
- Scallops, sprinkled with fine sea salt: about 15 pieces
- White wine (I used a Verdejo wine, you may use Sauvignon Blanc instead): ½ cup
- Yellow onion, finely diced: ½ cup

Pesto

- Drizzle of the juice of one half of the orange:
- Fine sea salt: ¼ Tsp
- Fresh arugula: 2 cups
- Grinded garlic: ¼ to ½ Tsp, or use a small garlic clove for a stronger garlic flavor
- Parmesan cheese (can substitute with Manchego, Asiago or Pecorino Romano), grated: ½ cup
- Pine nuts: 1 TBSP
- Pure extra virgin olive oil: ½ cup
- Zest of orange: 1



Preparation

1. Place arugula, orange zest, salt and pine nuts in the bowl of a food processor already attached to its base. Pulse for a bit less than a minute to get the arugula and pine nuts roughly chopped.
2. Add the cheese and garlic and pulse for 5 seconds two or three more times (maybe two more times if using the whole clove of garlic). With the processor running, pour the olive oil in a fine stream through the lid opening. Transfer the pesto to a bowl and drizzle it with a bit of orange juice, think a bit less than a tablespoon. Stir and refrigerate for up to 10 minutes before serving to bring it to room temperature. It can be done several days in advance, just let it come down to room temperature.
3. In a large skillet heat the $\frac{1}{4}$ cup of olive oil over medium-high heat for one minute. Add the onions and celery and sauté for about 3 minutes revolving and tossing frequently, until celery is soft and onions are soft and translucent. Sprinkle the $\frac{1}{8}$ teaspoon of salt and mix. Pour the $\frac{1}{2}$ cup of white wine and stir until liquid has almost evaporated and the remaining liquid looks thicker, about 1 minute. Add the butter and toss. As soon as the butter has melted pour the $1\frac{1}{2}$ cup of stock. Lower the heat to medium and mix in the $\frac{1}{4}$ teaspoon of red chili flakes, the $\frac{3}{4}$ teaspoons of fennel seeds and the $\frac{1}{8}$ teaspoons of white pepper. Boil for 2 minutes. Add the cup of Pomì strained tomato sauce. Cover and boil about 5 minutes.
4. Add the scallops to the liquid and cook with the skillet covered for 2 minutes. Incorporate the shrimps and cook covered for about a minute. Add the mussels and cover again to cook for one minute. Remove the lid and stir the content to distribute all the seafood within the sauce. Cook uncovered 3 to 5 minutes to reduce a bit the sauce.
5. Serve immediately with sautéed vegetables and warm or toasted bread and the pesto sauce.

Recipe by *The Yellow Butterfly*

For this recipe we used:

Strained Tomatoes 1 cup

