



Seafood Stew

Jay C. Veregge ~ Executive Chef
(serves 6 guests)

INGREDIENTS

1 Tbsp	oil
1 lb	black mussels
1 lb	clams
1 lb	large prawns
1 lb	bay scallops
2 cups	dry white wine
2 Tbsp	garlic, <i>sliced</i>
1 cup	tomatoes, <i>diced</i>
½ cup	tomato paste
½ Tbsp	dried fennel seed
½ cup	unsalted butter

- Heat oil in a large sauté pan over medium-high heat.
- Add mussels, clams, and prawns and cook for approximately 3 to 4 minutes until shrimp is seared.
- Add scallops and sliced garlic and cook for a couple of minutes to sweat the garlic.
- Add white wine to deglaze the pan.
- Stir in tomatoes, tomato paste and fennel.
- Cover pan, turn heat to low and simmer for approximately 3 minutes or until the mussels and clams open.
- Turn off heat and stir butter into the sauce using the residual heat to melt it.