

The Feast of the Seven Fishes

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The Feast of the Seven Fishes

is not celebrated across all of Italy, but this Christmas Eve celebration has carried over into popular culture and Italian households around the United States. While the exact beginnings of the tradition are lost to history, it is believed Catholics brought about the feast on Christmas Eve. Typically, the family gathers around a feast of seven different seafood dishes or one or two different types of fish prepared in seven different ways. The food is endless with one type of seafood after the other like clockwork. Older generations from both sides of my family have passed down numerous Italian style seafood dishes. My father and his family are from Venice, the Italian island surrounded by water and fish. There are numerous ways of preparing each dish but I have compiled my most favorite including four seafoods; clams, scallops, shrimp, and combinations of all. It would not be a real Christmas eve without the house smelling like the Campo Della Pescheria, the famous outdoor venetian fish market.

Recipes

| | |
|--|-----------|
| Clams | 5 |
| Fresh Pasta with Clams and Hot Italian Sausage | 7 |
| Crumb Topped Clams | 9 |
| Linguine con Vongole | 11 |
| Scallops | 13 |
| Bacon Wrapped Scallops with Pear Sauce | 15 |
| Grilled Scallops with Lemony Sauce Verde | 17 |
| Scallop Piccata | 19 |
| Shrimp | 21 |
| Asparagus and Shrimp with Angel Hair | 23 |
| Amalfi Style Lemon and Shrimp Risotto | 25 |
| Lemony Shrimp and Snow Pea Pasta | 27 |
| Mixed Seafood | 29 |
| Spicy Fresh Seafood Cioppino | 31 |
| Seafood Salad | 33 |
| Fritto Misto | 35 |

Clams



| | |
|--|-----------|
| Fresh Pasta with Clams and Hot Italian Sausage | 7 |
| Crumb Topped Clams | 9 |
| Linguine con Vongole | 11 |







Fresh Pasta with Clams and Hot Italian Sausage

**Time**

30min

Serves

4

Two famous ingredients are included in this dish, clams and sausage. There are also directions for some fun making your own homemade pasta!

Ingredients

For the dough

$\frac{1}{2}$ cup plus 1 Tbsp all-purpose flour, plus more
 $\frac{1}{4}$ cup semolina flour, plus more
 $\frac{1}{4}$ tsp olive oil

For the assembly

2 Tbsp olive oil
4 oz hot Italian sausage, casing removed
2 cloves garlic, thinly sliced
1 lb Manila or littleneck clams, scrubbed
 $\frac{1}{4}$ cup dry white wine
Kosher salt
1 Tbsp unsalted butter
1 Tbsp finely chopped parsley

Directions

For the dough

Combine $\frac{1}{2}$ cup plus 1 Tbsp. all-purpose flour and $\frac{1}{4}$ cup semolina flour in a large bowl. Add oil and $\frac{1}{4}$ cup warm water and mix with a fork until a stiff dough forms. Turn out onto a lightly floured surface and knead until smooth and elastic, 8–10 minutes. Wrap tightly in plastic; let sit at room temperature 1 hour.

Cut dough in half. Working with a piece at a time and keeping remaining dough wrapped in plastic, roll dough into a $9 \times \frac{3}{4}$ " log. Cut on a diagonal into $\frac{1}{2}$ " pieces; dust with all-purpose flour.

Working with 1 piece of dough at a time, roll out between your palms to make about 3" strands that taper at the ends. Dust pasta with semolina flour and place on a parchment-lined baking sheet. Cover with a kitchen towel until ready to use.

For the assembly

Heat oil in large skillet over medium-high. Add sausage and cook, breaking into small pieces with a wooden spoon, until browned, about 5 minutes. Add garlic and cook, stirring, until softened, about 1 minute. Add clams and wine; cover. Cook, shaking skillet occasionally, until clams open, about 5 minutes; discard any that do not open.

Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente, about 3 minutes. Drain, reserving 1 cup pasta cooking liquid.

Add butter, parsley, pasta, and $\frac{1}{2}$ cup pasta cooking liquid to clams. Cook, tossing and adding more cooking liquid as needed, until sauce coats pasta, about 3 minutes. Taste and season with salt.





Crumb-Topped Clams

**Time**

45 min

Serves

2 dozen

In Italy, there are two different types of famous clams. There are tiny sweet clams and then there are long clams. Clams are loved throughout Italy and used in the simplest ways. This recipe is great as an appetizer.

Ingredients

2 lbs kosher salt
2 dozen fresh littleneck clams
½ cup dry bread crumbs
¼ cup chicken broth
1 Tbsp minced fresh parsley
2 Tbsp olive oil
2 garlic cloves, minced
¼ tsp dried oregano
Dash pepper
1 Tbsp panko (Japanese)
bread crumbs
Lemon wedges

Directions

Spread salt into an oven proof metal serving platter or a 15x10x1-in. baking pan.

Shuck clams, leaving clams and juices in bottom shells.

Arrange in prepared platter; divide juices among shells.

In a small bowl, mix dry bread crumbs, chicken broth, parsley, oil, garlic, oregano and pepper; spoon over clams. Sprinkle with bread crumbs.

Broil 4-6 in. from heat 6-8 minutes or until clams are firm and crumb mixture is crisp and golden brown. Serve immediately with lemon wedges.





Linguine Con Vongole

**Time**

30 min

Serves

4-6

Linguine Con Vongole, known as Linguine with Clams, is a simple Italian dish typically served with the tiniest, sweetest clams. Here is a family recipe of the delicious dish.

Ingredients

3 tablespoons kosher or coarse sea salt
1 lb linguine
12 Tbsp extra-virgin olive oil
4 cloves garlic, thinly sliced
1 lb New Zealand cockles or 24 Manila
or littleneck clams, scrubbed
1 cup dry white wine
1 (14-ounce) can whole San Marzano
tomatoes in juice, juice reserved
and tomatoes coarsely chopped
 $\frac{1}{2}$ cup plus 2 Tbsp fresh flat-leaf
parsley, coarsely chopped

Directions

In large pot over moderately high heat, combine 8 quarts of water to boil and salt. Bring to boil, then add linguine and cook to 1 minute short of al dente according to package directions (pasta should still be quite firm).

Meanwhile, in large sauté pan over moderately high heat, then heat 6 tablespoons extra- olive oil until hot but not smoking.

Add garlic and sauté until just golden, about 30 seconds

Add clams and 1 tablespoon red pepper flakes and sauté 1 minute. Add wine, tomatoes and juice, and $\frac{1}{2}$ cup parsley and simmer, uncovered, just until clams open, 7 to 8 minutes.

Reserve $\frac{1}{2}$ cup cooking water, then drain linguine and add to pan. Simmer, tossing occasionally, until linguine is just tender, about 1 minute.

If necessary, add some of reserved cooking water to keep moist. Remove from heat. Add remaining 2 tablespoons parsley, and extra-virgin olive oil, tossing to coat. Transfer to serving dish and serve immediately.

Scallops



| | |
|--|-----------|
| Bacon Wrapped Scallops with Pear Sauce | 15 |
| Grilled Scallops with Lemony Sauce Verde | 17 |
| Scallop Piccata | 19 |







Bacon Wrapped Scallops with Pear Sauce

**Time**

35 min

Serves

12

Scallops make for a great appetizer. Wrapping the scallops in bacon combine a sweet and savory taste. A side of the Pear sauce adds for flavor.

Ingredients

- 12 bacon strips
- $\frac{3}{4}$ cup pear preserves
- 2 Tbps reduced-sodium soy sauce
- 1 Tbsp brown sugar
- $\frac{1}{4}$ to $\frac{1}{2}$ tsp crushed red pepper flakes
- 12 sea scallops (about $\frac{3}{4}$ lb)
- 1 tsp olive oil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

Directions

Place bacon in an ungreased 15x10x1-in. baking pan. Bake at 375° for 7-10 minutes or until partially cooked but not crisp. Remove to paper towels to drain; keep warm.

Meanwhile, in a small saucepan, combine the preserves, soy sauce, brown sugar and pepper flakes. Bring to a boil. Reduce heat; simmer, uncovered, for 3-5 minutes or until thickened.

Wrap a bacon strip around each scallop; secure with toothpicks. Sprinkle with salt and pepper.

In a large skillet, cook bacon-wrapped scallops in oil over medium-high heat for 5-7 minutes or until scallops are firm and opaque, turning once. Serve with pear sauce.





Grilled Scallops with Lemony Salsa Verde

Time

15 min

Serves

2

Chop up a lemon, flesh, rind, and all, and stir it into an herby salsa to spoon over sweet charred scallops. Two quick recipes to make a zesty appetizer.

Ingredients

Lemony Salsa Verde

$\frac{1}{2}$ lemon (with peel), seeded, chopped,
1 finely chopped small shallot
1 finely chopped garlic clove
Salt and pepper
1 cup olive oil
 $\frac{3}{4}$ cup finely chopped fresh parsley
 $\frac{1}{2}$ cup finely chopped fresh cilantro
 $\frac{1}{4}$ cup chopped fresh chives
Lemon juice

Scallops

2 Tbsps vegetable oil,
plus more for grilling
12 large sea scallops,
side muscle removed
Kosher salt, freshly
ground pepper
Lemony Salsa Verde

Directions

Lemony Salsa Verde

Combine $\frac{1}{2}$ lemon (with peel), seeded, chopped,

Finely chopped small shallot, and 1 finely chopped garlic clove; season with salt and pepper.

Let sit 5 minutes. Stir in 1 cup olive oil, $\frac{3}{4}$ cup finely chopped fresh parsley, $\frac{1}{2}$ cup finely chopped fresh cilantro, $\frac{1}{4}$ cup chopped fresh chives. Season with salt, pepper, and lemon juice, if desired.

Scallops

Prepare grill for medium-high heat; oil grate.

Toss scallops with 2 tablespoons oil on a baking sheet; season with salt and pepper.

Using a fish spatula or your hands, place scallops on grill, flat side down.

Grill, turning occasionally, until lightly charred and just cooked through, about 2 minutes per side.





Scallop Piccata

**Time**

10 min

Serves

2

The word piccata is translated to mean, tasty, savory, spicy and piquant, and that is so true because of the key ingredients of lemon, parsley and capers. Traditionally piccata is made with chicken, although it can be paired with any meat. Scallops surprisingly pairs well with piccata.

Ingredients

$\frac{1}{2}$ - $\frac{3}{4}$ lb. large sea scallops (about six to eight scallops – this is important – don’t try this with small bay scallops or you won’t be able to sear them properly without turning them to rubber)

Flour for dredging

$\frac{1}{4}$ cup olive oil

3 Tbsp olive oil

$\frac{1}{2}$ dry white wine

1 Tbsp butter

2 Tbsp capers, or more if desired

Salt, pepper

Juice of one lemon

Parsley, chopped

Directions

Turn the fan on above your range. Place a cast-iron skillet over your most powerful burner and turn the flame up high under the skillet. Let it heat for a few minutes until it gets very hot to the touch.

Then add the olive oil and let that heat for a couple of minutes until it is nearly smoking. Don’t leave the kitchen for an instant.

Dry the scallops with paper towels and lightly coat with flour. Add the scallops one at a time to the hot oil and cook for about 30-45 seconds on each side.

DO NOT CROWD THE PAN with too many scallops or they will start to release liquid and reduce the temperature in the pan too dramatically.

Remove the scallops from the pan and put aside on a plate.

Take the pan off the heat and wipe the inside clean with a paper towel. Let the temperature cool down to medium.

Add the 3 T. olive oil, the white wine and the capers. I like to smush the capers a little into the wine.

Put the scallops back into the simmering pan with any juices that may have accumulated on the plate. Sprinkle with salt and pepper to taste over everything.

Let the scallops cook for just a couple of minutes more, then add the butter for flavor and to help emulsify the sauce.

Add the lemon juice and parsley, swirl the pan for 30 seconds, then serve.

Shrimp



| | |
|---------------------------------------|-----------|
| Asparagus and Shrimp with Angel Hair | 23 |
| Amalfi Style Lemon and Shrimp Risotto | 25 |
| Lemony Shrimp and Snow Pea Pasta | 27 |





Asparagus and Shrimp with Angel Hair

**Time**

30 min

Serves

2

Cooked thin angel hair pasta with seasoned shrimp is a nice light comfort food. A side of asparagus completes the meal as well.

Ingredients

3 oz uncooked angel hair pasta
8 uncooked shrimp (16-20 per lb),
peeled and deveined
 ¼ teaspoon salt
 ⅛ tsp crushed red pepper flakes
 2 Tbsps olive oil, divided
8 fresh asparagus spears, trimmed
and cut into 2-inch pieces
 ½ cup sliced fresh mushrooms
¾ cup chopped seeded tomato, peeled
 4 garlic cloves, minced
 2 tsp chopped green onion
 ½ cup white wine or chicken broth
 1-½ tsps minced fresh basil
 1-½ tsp minced fresh oregano
 1-½ tsp minced fresh parsley
 1-½ tsp minced fresh thyme
 ¼ cup grated Parmesan cheese

Directions

Cook pasta according to package directions. Meanwhile, sprinkle shrimp with salt and pepper flakes. In a large skillet or wok, heat 1 tablespoon oil over medium-high heat. Add shrimp; stir-fry until pink, 2-3 minutes. Remove; keep warm.

In same skillet, stir-fry the next five ingredients in remaining oil until vegetables are crisp-tender, about 5 minutes. Add wine and seasonings. Return shrimp to pan.

Drain pasta; add to shrimp mixture and toss gently. Cook and stir until heated through, 1-2 minutes.

Sprinkle with Parmesan cheese.





Amalfi Style Lemon and Shrimp Risotto

Time

30 min

Amalfi is a small town in Southern Italy known for their Shrimp. Risotto is another well-known creamy Italian food.

Serves

4-6

Ingredients

2 Tbsps Butter
2 Tbsps Olive Oil
 $\frac{1}{2}$ Cup Finely Chopped Onion
1- $\frac{1}{2}$ Cups Arborio Rice
 $\frac{1}{2}$ Cup Dry White Wine
5 Cups Mild Flavored Vegetable Broth, Heated
Juice From 1 Large Lemon
1 Tbsp Fresh Lemon Zest
6 Oz Cleaned Fresh Shrimp, Chopped
2 Tbsps Butter
2 Tbsp Finely Chopped Parsley
Lemon Zest

Directions

Heat the butter and oil in a heavy saucpan over medium heat.

Add the onions and cook until they are translucent, about 7 minutes.

Add the rice and stir until it is well coated with the butter and oil and cook for 2 minutes.

Add the white wine, and stir continually over medium heat until it is absorbed.

Start to add $\frac{1}{2}$ cup of hot broth, stirring as it is absorbed.

Continue in this manner, adding ladles full of hot broth, and stirring continuously for about 15 minutes.

Add the lemon juice, zest, and shrimp, and continue to cook, adding the broth, until the risotto is cooked, but remains slightly firm to the bite.

Remove from the heat, add the butter and the parsley.

Serve in individual bowls, garnished with additional lemon zest.





Lemony Shrimp and Snow Pea Pasta

**Time**

30 min

A family favorite, kids love the light lemony flavor. You can use other types of pasta for variety, such as bow tie.

Serves

6

Ingredients

Dressing

- 1/4 cup lemon juice
- 2 tablespoons chopped fresh parsley
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 2 teaspoons grated lemon zest
- Additional grated lemon zest and chopped fresh parsley, optional

- 1- $\frac{3}{4}$ cups uncooked gemelli or spiral pasta
- 2 Tbsp olive oil, divided
- 2 cups fresh snow peas
- 1 lb uncooked shrimp (26-30 per lb), peeled and deveined
- 3 garlic cloves, minced
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{4}$ tsp plus $\frac{1}{8}$ tsp pepper, divided
- 1 cup grape tomatoes, halved

Directions

Cook pasta according to package directions. Meanwhile, in a large nonstick skillet, heat 1 tablespoon oil over medium heat. Add peas; cook and stir 2-3 minutes or until crisp-tender. Remove and keep warm.

In same pan, heat remaining oil over medium-high heat. Add shrimp; cook and stir 2-3 minutes or until shrimp turn pink. Add garlic, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper; cook and stir 1 minute longer.

Drain pasta, reserving $\frac{1}{2}$ cup pasta water. Add pasta to shrimp mixture; stir in peas and tomatoes.

In a small bowl, whisk lemon juice, parsley, oil, garlic, lemon zest and remaining salt and pepper until blended.

Pour over shrimp mixture; toss to coat, adding enough reserved pasta water to moisten pasta.

If desired, sprinkle with additional lemon zest and parsley.

Mixed Seafood



| | |
|------------------------------|-----------|
| Spicy Fresh Seafood Cioppino | 31 |
| Seafood Salad | 33 |
| Fritto Misto | 35 |





Spicy Fresh Seafood Cioppino

**Time**

45 min

Serves

4

Cioppino is a fish stew originating in California. The influences come from Italian seafood cuisine and stews. A large pot of this American-Italian stew will last a lot of cold winter nights.

Ingredients

- 5 garlic cloves, minced
- 2 Tbsp olive oil
- 1 jar (24 oz) tomato basil pasta sauce
- 1 bottle (8 oz) clam juice
- 1 cup dry white wine or chicken broth
- ¼ cup water
- 1 tsp salt
- 1 tsp sugar
- 1 tsp crushed red pepper flakes
- 1 tsp minced fresh basil
- 1 tsp minced fresh thyme
- 1 lb fresh littleneck clams
- 1 lb fresh mussels, scrubbed and beards removed
- 1 lb uncooked medium shrimp, peeled and deveined
- 1 lb bay scallops
- 1 package (6 oz) fresh baby spinach

Directions

In a Dutch oven, sauté garlic in oil until tender. Add the pasta sauce, clam juice, wine, water and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

Add the clams, mussels and shrimp. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes, stirring occasionally.

Stir in scallops and spinach; cook 5 to 7 minutes longer or until clams and mussels open, shrimp turn pink and scallops are opaque. Discard any unopened clams or mussels.





Seafood Salad

**Time**

10 min

A family dish for three generations. Easy and delightful starter. The secret is the Apple and the Capers!

Serves

4-6

Ingredients

1 lb Crab-meat, lobster, shrimp, tuna, or salmon
¾ - 1 Tart Apple Skin on Diced Coarsely
1 Small onion minces
1 stalk celery chopped fine
1 Tbsp. Capers or more to taste
1 Tbsp. Fresh Lemon Juice
¼ cup French Dressing
Mayo to taste

Directions

Use cooked seafood (when using salmon, remove skin and bones)

Place seafood in a large bowl

Add all other ingredients and mix well. Refrigerate until serving time





Fritto Misto

**Time**

45 min

Serves

4

Although this dish of fish, shrimp and squid deep-fried in olive oil is firmly anchored in the Venetian tradition, fried seafood is traditional in many parts of Italy and is prepared in various ways. The traditional side dish in the Veneto region is a piece of polenta.

Ingredients

500 g cod fillet
12 pieces sardine fillet
8 giant prawns (shelled)
8 scallops
200 g squid rings
Freshly squeezed lemon juice
1 lemon
Parsley

For the breading

200 g flour
1 tsp salt
500 ml wine or water
2 eggs
1 Tbsp oil
Salt
Pepper

Directions

Cut the fish fillets into small pieces, sprinkle all the seafood with lemon juice and keep it cool.

Prepare the breading in the meantime. Separate the egg yolks from the egg whites and mix them with the flour, salt, oil and wine. Beat the egg whites until stiff and fold them into the mixture. Season with salt and pepper to taste.

Heat olive oil in a deep fryer. Dip small portions of the seafood in the breading, then fry them for 2-3 minutes in the fryer until golden brown and keep warm until everything is fried.

Garnish with lemon and parsley and serve.

Credits

Fresh Pasta with Clams and Hot Italian Sausage

Eden and Munk, Epicurious, <https://www.epicurious.com/recipes/food/views/fresh-pasta-with-clams-and-hot-italian-sausage>

Crumb topped Clams

<https://s-media-cache-ak0.pinimg.com/originals/ac/87/23/ac87232fefba05b11880661dc2fe2713.jpg>

Bacon Wrapped Scallops with Pear Sauce

<https://homemadehooplah.com/wp-content/uploads/2015/08/Simple-Bacon-Wrapped-Scallop-Skewers-2-1-800x1200.jpg>

Grilled Scallops with Lemony Salsa Verde

https://reganbaroni.com/wp-content/uploads/2016/12/upcloseandtasty_scallops_01.jpg

Scallop Piccata

Life Ambrosia, <https://cdn.lifesambrosia.com/wp-content/uploads/scallop-piccata.jpg>

Asparagus and Shrimp with Angel Hair

Taste of Home, <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRvNocZBwOYvcLnqHSzeZKO0SNCjiUl1dgc7pyUeOUbrTB3cWgq>

Amalfi Style Lemon and Shrimp Risotto

Oh My Dish, <https://ohmydish.com/wp-content/uploads/2018/02/Creamy-lemon-risotto-with-shrimps-square.jpg>

Lemony Shrimp and Snow Pea Pasta

Cook Smart, https://cooksmarts.imgix.net/meal_photos/428/20150420-Asparagus-Shrimp-Pasta-NM-003.jpg?ixlib=rails-2.1.4

Spicy Fresh Seafood Cioppino

<https://static1.squarespace.com/static/5161a33ce4b058e82d881bb3/t/57224ee54c2f851d6d624f88/1461866241545/Cioppino>

Seafood Salad

https://assets.bonappetit.com/photos/57ad43e01b3340441497558d/16:9/w_1200,c_limit/shrimp-with-mustard-lime-dipping-sauce.jpg

Fritto Misto

Food and Wine, http://cdn-image.foodandwine.com/sites/default/files/styles/medium_2x/public/200802-r-xl-fritto-misto-with-fennel-and-lemons.jpg?itok=CSnW3Cr4

