

## Catalan Seafood Stew

by Chef Kurt Kwiatkowski

Ingredients	Weight	Metric	Measure
Red pepper			1 each
Almonds, lightly toasted, blanched			1/4 cup
Garlic, cloves			2 each
Bread, Italian, grilled, chopped into small pieces			1/2 cup
Olive oil			3 Tbsp.
Onions, thinly sliced			1 cup
Garlic, cloves			3 each
Tomatoes, canned whole, smashed roughly or chopped	32 oz.		
White wine			1/2 cup
Water			3.5 cup
MINOR'S® CLAM BASE NAMSG (GLUTEN FREE)			1.25 tsp.
MINOR'S® SAUTÉED VEGETABLE BASE (MIREPOIX)			1.5 tsp.
MINOR'S® RED CHILE ADOBO FLAVOR CONCENTRATE			1.5 Tbsp.
Paprika			2 tsp.
Paprika, smoked			1/2 tsp.
Saffron filament, threads			1 tsp.
Mussels, de-bearded, cleaned	1 lb.		
Clams, cleaned			10-12 each
Shrimp, peeled, deveined	1/2 lb.		
Cod fillets, or monkfish, 2" pieces	1 lb.		
Parsley, fresh, chopped			3 Tbsp.
Sherry vinegar			1 tsp.

### Procedure

1.	Coat red pepper with a little olive oil and roast over an open flame. After well charred, place in a small bowl, wrapped with plastic wrap, for 10 minutes.
2.	Put the pepper, almonds, garlic and bread in a food processor and blend until fairly smooth paste. Reserve for later use.
3.	Heat 3 Tbsp. of olive oil in a large thick pot, and sauté onions for 5 minutes. Add garlic and sauté an additional minute. Deglaze pot with white wine and water.
4.	Stir in MINOR'S® CLAM BASE NAMSG (GLUTEN FREE), MINOR'S® SAUTÉED VEGETABLE BASE (MIREPOIX), and MINOR'S® RED CHILE ADOBO FLAVOR CONCENTRATE, then add tomatoes and seasonings to the pot and simmer for 15 minutes. After that increase heat to bring to a rolling boil.
5.	Ladle out about 4 oz. of the hot liquid into the reserved pepper paste (picada) and mix well. Add that back into the pot and cook until broth is slightly thickened, about 5 minutes.
6.	Reduce heat to medium low and keep at a nice simmer. Add the clams and mussels into the pot and cook until they start to open up, about 5 minutes. Add in the shrimp and the fish and cook an additional 5-7 minutes. Add the sherry and parsley. Discard any unopened shellfish.
7.	Taste and adjust seasoning with salt and pepper as needed.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.