

A Sutherland Belle

Rustic Puttanesca Seafood Stew

INGREDIENTS

- 2 tbsp olive oil
- 1 onion chopped
- 4 garlic cloves, minced
- 4 anchovy fillets
- 20 green olives, sliced
- 1 tablespoon fresh oregano leaves
- 1 (28 ounces) can dice tomatoes, undrained
- 3 cups fish or chicken stock
- ½ cup chopped fresh flat-leaf parsley
- 1 Bay leaf
- 2 tbsp drained capers
- ¼ tsp dried crushed red pepper
- 2 ½ lbs. mixed seafood (I used cod, scallops, shrimp, and mussels)
- Salt and pepper to taste
- Toasted pine nuts for topping

INSTRUCTIONS

1. Heat oil over medium heat in a large pot. Add onion, and sauté for 5 min or until golden. Add garlic and anchovy filets, and sauté 1 min. Add olives and the next 7 ingredients; bring to a boil. Partially cover, reduce heat, and simmer for 10 min.
2. Add seafood, cover, and simmer for 10 min or until fish is opaque and flakes with a fork. Remove Bay leaf before serving.
3. Season with salt and pepper and top with pine nuts.
4. Serve with crusty bread the Italian way.