

Seafood Stew with Pesto Bread

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

2 tablespoons olive oil
3 garlic cloves, minced
1 medium onion, chopped
1 teaspoon dried oregano
1 teaspoon red pepper flake
1/8 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups white wine
2 tablespoons tomato paste
1 can whole plum tomatoes, drained (save the juice), and chopped
1 bay leaf
1 cup clam juice
1 cup vegetable or seafood stock
1/2 pound cleaned squid
2 garlic cloves
2 cup basil
1/2 parmesan cheese
1/4 cup pine nuts, toasted
1 tablespoon freshly squeezed lemon juice
1/2 sourdough baguette, sliced on a diagonal, about 1/2 inch thick
2/3 cup extra virgin olive oil
12 small clams, littleneck
1/2 pound large shrimp, shelled, deveined
1/2 pound mussels
1/4 cup parsley
Kosher salt and black pepper, to taste



Method of Preparation:

1. Preheat oven to 400 degrees.
2. Add oil to a deep, heavy pot over moderate heat and when oil is hot, begin sautéing the garlic, onion, oregano, red pepper flakes, salt and pepper in 2 tablespoons olive oil, in a deep heavy pot over moderate heat until softened, about 5 minutes. Deglaze with the white wine. Add the squid and cook for about 20 minutes. Add tomato paste and cook for about a minute.
3. Add the chopped plum tomatoes and juice, bay leaf, clam juice and stock. Bring to a boil, reduce to a simmer and cook about 30 minutes. Adjust seasonings as needed.
4. Meanwhile, in a food processor make the lemon pesto by combining the garlic cloves, basil, parmesan, pine nuts lemon juice and olive oil until well combined liquefied.
5. Toast the baguette slices until golden brown.

- To finish the stew, add the clams and cook for about 3 minutes. Stir in the shrimp and mussels. Arrange the fish on the top, cover and simmer for about 5 minutes. Discard bay leaf and finish with parsley. Serve with pesto bread.

Nutritional Analysis:

Seafood Stew

Calories: 450

Carbohydrates: 14 g

Sodium: 372 mg

Protein: 52 g

Fat: 13 g

Fiber: 2 g

Pesto Bread

Calories: 328

Carbohydrates: 18 g

Sodium: 280 mg

Protein: 6 g

Fat: 25 g

Fiber: 2 g