

FISH STEW

2 pounds whitefish fillets, cut into 1 or 2 inch pieces
1 pounds sea scallops
12 steamer clams, steamed and drained. Reserve the nectar
12 blue mussels, steamed and drained
1 pound shrimp, shelled and deveined
Olive oil
1 large onions chopped
2 stalks celery, chopped
1/2 green pepper, diced
1 carrots, sliced
3 cloves garlic, minced
1 cups dry white wine
1 cups clam nectar, or fish stock
2 large cans whole tomatoes, cut up
Dash of hot pepper squence
1 teaspoon fennel seed, crushed
2 bay leaves
1/4 cup minced fresh parsley
Freshly ground pepper

Heat olive oil in a large skillet or soup pot. Add onions, celery, green pepper, carrots, and garlic. Saute until transparent, about 3 minutes. In a separate pot steam the clams and mussels in a little water or wine (or both).

When the clams are finished, add wine, clam nectar, tomatoes and their juice, hot pepper sauce, saffron, fennel seed, and bay leaves to the onion mixture. Simmer for 5 minutes.

Add fish and scallops. Simmer for 5 - 7 minutes. Stir in clams, mussels, shrimp and parsley. Simmer for 3 - 5 minutes, until shrimp are cooked and clams and mussels are hot.