SICILIAN SEAFOOD STEW

May this recipe warm and nourish you.

1 cup chopped onion
1/4 cup olive oil
1 cup chopped celery
1 green bell pepper, chopped
1 red bell pepper, chopped
3 garlic cloves, minced
1 pinch crushed red pepper flakes or 1 pinch cayenne
1 teaspoon dried oregano
1 teaspoon dried basil
1 teaspoon dried marjoram
2 cups bottled clam juice
1 (28 ounce) can tomatoes, chopped and undrained
1/2 cup red wine
1/2 lb. scallops, rinsed
1/2 lb. shrimp, shelled and deveined
1/2 lb. cod (any white fish), diced into squares
1 lemon, juice of
salt & fresh ground pepper

From 2021 Soup & Hope Speaker, Eric Acree

Directions:

In a large pot, over high heat, sauté onion in olive oil 2 min., stirring constantly. Add celery and peppers; stir and sauté for 2 min. Add garlic, crushed red pepper flakes, oregano, basil, and marjoram; stir to mix. Reduce heat, cover, and cook 2 min. Add clam juice, tomatoes, and wine. Cover and simmer 15 min. Add scallops and shrimp; cook and stir for about 4 min. or until the scallops are no longer opaque and the shrimp are pink. The cod is cooked when it easily flakes apart. Add lemon juice, salt and pepper to taste; stir to combine. Ladle stew into bowls. Sprinkle capers and chopped black olives on top, if desired. Season with your favorite hot pepper sauce.