



#1MEAT12WAYS

## NINA'S FISHERMAN'S STEW

©NINA PUCILLO | ITALIAN HEARTS

DURHAM  
RANCH

### INGREDIENTS

#### Seafood Stock

- Shrimp Shells from 1 lb. Shrimp
- 1 Tbsp. Olive Oil
- 2 Medium Carrots, Chopped
- 1 Medium Onion, Chopped
- 2 Celery Stalks, Chopped
- 1 Cup Clam Juice
- 3 Cups Cream Sherry
- 2 Cups Organic Vegetable Broth
- 1 tsp. Sea Salt
  
- 1/2 Cup White Wine
- Juice of 1 Orange
- Zest of 1 Orange
- Large Pinch of Saffron
  
- 3 Tbsp. Olive Oil
- 6 Links Basque Chorizo, Sliced
- 1 Cup Carrots, Thickly Sliced
- 1 Large Onion, Diced
- 1 Large Shallot, Diced
- 1 Fennel Bulb, Diced  
plus the Fronds, Chopped
- 1 Yellow Pepper, Roughly Chopped
- 1 Orange Pepper, Roughly Chopped
- 1 Green Pepper, Roughly Chopped
- 2 Cups Fresh Roma Tomatoes, Chopped
- 1 Jar Italian Hearts Three Meat Sauce
  
- 1 1/2 lbs. Clams
- 1 lb. Mussels
- 1 lb. Shrimp, Shelled
- 1 1/2 lbs. Scallops
- 1/2 Cup Parsley, Chopped

## OSSO BUCCO INSTRUCTIONS

- 1.** Make the seafood stock: Preheat a stock pot over medium high heat. Add the olive oil; swirl it around the pan. To the pot, add the celery, onion and carrots; sauté until almost opaque. Next, add the shrimp shells and sauté until they turn color. Stir in the clam juice, sherry and vegetable broth; cover the pot and simmer the stock for about a half hour.
- 2.** Turn the stove off; remove the pot from the heat. Place a large enough bowl to hold the stock in the sink; place a colander in the bowl. Pouring away from yourself, dispense the stock into the colander to strain the solids. Carefully lift the colander out of the bowl; discard the solids. Set the stock aside for now.
- 3.** Preheat a braising or paella pan over medium high heat. Add the olive oil; swirl it around the pan. To the pan, add the chorizo; sauté until golden and transfer to a plate for now. Add the carrots and sauté for about 3 minutes. Add the peppers, onion, fennel and shallot and sauté until almost opaque. Stir in the Italian Hearts Three Meat Sauce, chopped tomatoes, white wine and about half of the seafood stock (you will add more later), orange juice orange zest and saffron. Give the pot a good stir; cover and simmer for about 10 -12 minutes to allow the flavors to marry.
- 4.** Remove the cover; nestle the seafood into the sauce starting with the clams, then the mussels, scallops and finally the shrimp. Add a little more stock as needed and give the seafood a careful stir; the pan will be FULL. Cover the pan for 5 - 7 minutes or until all of the clams and mussels have opened. Sprinkle with fresh parsley.
- 5.** Serve and enjoy!