

Frutti di Mare

Recipe courtesy of Chef Anthony Mandriota

Ingredients

½ pound Mussels
½ pound Shrimp
½ pound Scallops
2 oz olive oil
2 garlic cloves
½ tsp crushed red pepper
4 oz shrimp stock
1 lemon
¼ cup fresh parsley or basil
8 oz whole or peeled tomatoes
¼ cup onion
½ cup green peppers
4 oz mushrooms
½ pound fresh fettuccine
Salt and Pepper to taste

Procedure

1. Heat 1/2 the oil in a frying pan over medium heat
2. Add the onion, allow the onion to caramelize slightly. Add mushrooms and green pepper, toss briefly.
3. Add the garlic and red pepper flakes cook for 2 minutes or until you have a nice garlic fragrance
4. Add the mussels and toss
5. Pour in the stock and tomatoes. Cook for one minute
6. Add the shrimp and scallops and cook for about 3 minutes-until done. Do not overcook.
7. Drop Pasta into water-cook until tender, about 2 minutes.
8. Season with salt and pepper to taste
9. Add pasta, remaining olive oil, and herbs and toss

Portioning, Plating, and Garnishing Instructions

1. Heat 1/2 the oil in a frying pan over medium heat
2. Spoon on the seafood and sauce and arrange mussels
3. Garnish with fresh herbs and Lemon