

Portuguese Shellfish Stew



Makes:

6 servings

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover
11" Large Skillet with Cover

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Recipe:

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4½ cups
fish stock or clam juice

(1.1
L)

4½ cups
water

(1.1
L)

2 carrots, strung, use Cone #2
2 cups

onion, strung, use Cone #2
(320

g)

¼ teaspoon
black pepper, coarsely ground

(.5
g)

1½ pounds
scallops, about 18

(680
g)

1¼ pounds
spot prawns, about 18

(563
g)

3 tablespoons
garlic, shredded, use Cone #1

(26
g)

2 pounds
Dungeness crab, about 3 clusters, or 18 mussels

(900
g)

3 cups
tomatoes, chopped

(540
g)

Directions:

1. In roaster over medium heat, combine fish stock, water, carrots, onions, and pepper. Cover and cook until Vapo-Valve™ clicks. Reduce heat to low and simmer 20 minutes. Reduce heat and keep warm, do not continue to simmer
2. Meanwhile, preheat skillet over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, add well rinsed (and not dried) scallops, prawns and garlic in skillet. Sauté until scallops and prawns turn opaque. With slotted spoon transfer cooked seafood to broth in roaster.
3. Separate legs on crab clusters and add to mixture in roaster.
4. Using the same skillet over medium heat, cook tomatoes uncovered for approximately 5 minutes. Transfer to roaster and heat through. Season with salt and additional pepper, if desired.
5. For each serving, ladle about 2 cups seafood and broth into shallow bowls.

Nutritional Information per

▼ Serving

Calories: 453
Total Fat: 6g
Saturated Fat: 1g
Cholesterol: 272mg
Sodium: 1076mg
Total 18g
Carbs:
Dietary Fiber: 3g
Sugar: 6g
Protein: 70g