

Tomatoes del Mar



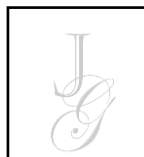
Need:

- ☐ 6 tablespoons **Extra Virgin Olive oil**
- ☐ 3 cups **Onions**, sliced thin
- ☐ 1 1/2 **Fennel** bulbs, trimmed, thin sliced
- ☐ 4 cloves **Garlic**, finely chopped
- ☐ 1/4 teaspoon **Red pepper** flakes, crushed
- ☐ 1 can crushed **Tomatoes**, 28 oz. puree
- ☐ 1 can crushed **Tomatoes**, 16 oz. puree
- ☐ 1 1/2 cup **White** wine (BV Chardonnay)
- ☐ 3 bottles **Clam** juice
- ☐ 1 1/2 lb. **Halibut** fillets, cut into 1" pieces
- ☐ 1 1/2 lb. **Shrimp**, large, raw, cleaned, shelled with tails on.
- ☐ 1 1/2 lb. **Mussels**, bearded
- ☐ 1 1/2 lb. **Clams**, scrubbed
- ☐ 1 lb. **Shiitake** mushrooms, sliced
- ☐ 1/2 cup **Parsley**, chopped
- ☐ 1 tablespoon **Tarragon**, chopped

- ☐ In a large pot over high heat add **Oil**, once hot add **Onions, Fennel, Garlic, and Red pepper**. Cook for about 10 minutes.
- ☐ Add **Tomatoes**, cook another 5 minutes, then add **Wine** and continue cooking for 10 minutes.
- ☐ Add **Clam** juice and bring it all to a boil, then lower heat and cook for 15 +/- minutes.
- ☐ Using a wooden spoon stir in **Halibut, Shrimp, Mushrooms, Mussels, Clams**, 1/4 cup **Parsley**, and **Tarragon**.
- ☐ Cover and cook until **Shrimp** curl and **Halibut** turns white, and **Mussels** and **Clams** open, about 10 minutes or less.

Discard any Mussels or Clams that do not open!

- ☐ Add **Salt** and **Pepper** to taste. Sprinkle with **Parsley** and serve.



Note: *I serve it with garlic spread toasted baguettes.*

