

Alaska Seafood Stew



Preparation Time: 10 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

Alaska Seafood Stew:

- 3 Tbsp olive oil
- 2 Tbsp sliced, garlic
- 1 C. diced white onion
- 1 1/2 C. sliced fennel
- 1 C. sliced celery
- 1 tsp. tarragon, fresh or dried
- 2 tsp. dill, fresh or dried
- 1/2 tsp. red pepper flakes (*optional*)
- 1/2 tsp. cracked black peppercorns
- Salt (*to taste*)
- 2 Tbsp tomato paste
- 1 Can (28oz) crushed or diced tomatoes and juice
- 4 C. fish stock or water
- 1/2 C. Red wine (any that you have in house)
- 1 lbs. of each, Alaska crab, Alaska salmon, Alaska pollock and Alaska halibut (4 lbs. of Alaska seafood total)
- Chopped fresh parsley and the sprigs from the fennel heads for garnish

Description:

- Heat olive oil in heavy stockpot. Add garlic and sauté onion, celery and fennel over medium heat until softened, about 5 minutes.
- Add dill, tarragon, red pepper flakes and pepper; sauté for 3 to 5 minutes.
- Add tomato paste cook for 1 minute, then add tomatoes, fish stock and wine; simmer 7-10 minutes.
- Rinse any ice glaze from the frozen Alaska seafood under cold water. Turn off heat and add seafood to liquid, skin side down. Return heat to a simmer. (No need to thaw the seafood!)
- Once simmering, cover pan and cook for 4 to 5 minutes if the seafood is frozen or 2 minutes if it was fresh or already thawed.
- Turn off heat and let seafood rest for 5 minutes, season to taste with salt and pepper.
- Ladle into bowls and top off with garnish and enjoy

Recipe courtesy of Chef Kaylah Thomas.