



Shellfish Stew w/ Aioli



Beverage Pairings

Wine: Try a crisp, unoaked chardonnay from the Macon in Burgundy; sauvignon blanc from the French region of Sancerre; or rosé from Provence.

Beer: Avoid hops. Aim for a drier Belgian tripel, a classically made bière de garde or saison, or a crisp pilsner.

Ingredients

For the Stew

- 2 ounces extra virgin olive oil
- 2 heads fennel, sliced thin
- 2 carrots, sliced thin
- 2 onion, sliced thin
- 2 leeks, white parts only, sliced thin
- 1 head of garlic, peeled and sliced thin
- 2 celery stalks, sliced thin
- 2 bay leaves
- 1 teaspoon chili flakes
- 1 pinch saffron
- 1/2 cup tomato paste
- 2 quarts shellfish or fish stock
- 1 pound fingerling potatoes, cooked then sliced into coins
- 36 mussels, scrubbed and de-bearded
- 18 shrimp, cleaned
- 1/2 pound of cooked crabmeat
- 1/2 bunch chopped parsley

Loaf of rustic bread

Aioli

- 2 garlic cloves, smashed to a paste
- 1 egg yolk
- Juice of 1 lemon
- 3/4 cup grape seed oil
- 1/4 cup extra virgin olive oil
- Salt, to taste

Directions

In a 6-quart pot, cook veggies in olive oil over medium heat until very soft. Add chili flakes, saffron, and tomato paste and cook for one minute. Add the stock and simmer until your kitchen smells awesome, about 20 minutes. Add the cooked potatoes and set aside.

Make the aioli by combining garlic, yolk, and half of the lemon juice in a mixing bowl. Slowly whisk in grapeseed oil then olive oil, adding lemon juice if needed. Taste and season with salt. Thin with a little water if necessary. Taste again, just because a spoon of fat is delicious.

To complete the stew, return the pot to a simmer., then add mussels and cover for 2-3 minutes until the mussels begin to open. Add the shrimp and simmer for one minute. Add the crab, stir, and cover.

Turn off heat, and leave to sit covered for 2-3 minutes to allow everything to heat through. Add the chopped parsley.

Split it up amongst six bowls and finish with a spoon of aioli.

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Pat yourself on the back and serve the stew with some grilled bread.