

4 servings

INGREDIENTS:

- 4 tablespoons unsalted butter
- 1 medium sweet onion, diced
- 1 small fennel bulb, cored and diced
- 2 tablespoons tomato paste
- 3 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes
- 3/4 cup dry white wine
- 1 (28-ounce) can petite diced tomatoes with juice
- 2 cups vegetable stock
- 1 cup clam juice
- 1 cup water
- 1 bay leaf
- Kosher salt and freshly ground black pepper, to taste
- 12 little neck clams, scrubbed
- 1/2 pound mussels, scrubbed and debearded
- 1 pound cod or halibut filets, cut into 3/4-inch pieces
- 1/2 pound medium shrimp, peeled and deveined
- 8 large sea scallops
- 2 tablespoons chopped fresh parsley leaves

INSTRUCTIONS:

STEP ONE

1. Start soaking mussels and clams (see notes).
2. Cut vegetables.
3. Chop parsley.
4. Dice fish.
5. Finish cleaning clams and mussels.

STEP TWO

6. Melt butter in a large stockpot over medium high heat. Add onion and fennel. Cook, stirring occasionally, until tender, about 8 minutes.
7. Stir in tomato paste, garlic, oregano, and red pepper flakes until fragrant, about 1 minute.

8. Stir in wine, diced tomatoes, vegetable stock, clam juice and bay leaf. Bring to a boil; reduce heat and simmer until flavors have blended, about 15 minutes; season with salt and pepper, to taste.
9. Stir in clams and mussels. Reduce heat to low; cover, with a tight-fitting lid, and cook until the clams and mussels are just beginning to open, about 3-4 minutes.
10. Stir in cod, shrimp, and scallops. Reduce heat and simmer until cod, shrimp and scallops are just cooked through, and clams and mussels have opened completely, about 3-4 minutes. Discard any unopened shellfish.
11. Stir in parsley; season with salt and pepper, to taste.
12. Serve immediately.

Mussels & Clams:

Look for ones kept cold or on ice and have shiny shells that are tightly closed and not damaged. An open shell is an indication that the mussel or clam has died and should not be cooked.

After you purchase your mussels and clams, make sure to unwrap them at home so they can breathe immediately. Discard any which are chipped, broken, or damaged in any way. Also, discard any that are open. The mussels and clams should be tightly closed and stored in a cool area where they can breathe.

1. Soak in fresh water

Before cooking, soak in fresh water for about 20 minutes. As the mussels and clams breathe, they filter water and expel sand. After about 20 minutes, the mussels and clams will have less salt and sand stored inside their shells.

2. Remove the beard

Most mussels have what is commonly called a "beard," also known as byssal threads. The beard is made of many fibers which emerge from the mussel's shell. To remove the beard, hold the mussel in one hand, cover the other hand with a dry towel, and grasp the beard; give it a sharp yank toward the *hinge end* of the mussel. This method will not kill the mussel. However, if you were to pull the beard out towards the mussel's opening end, you can tear the mussel, killing it. Discard the byssal threads.

3. Transfer to clean water

Remove the mussels and clams from the dirty water and transfer them to another clean, cold water bowl. Don't pour into a strainer because the sand has sunk to the bottom of the bowl, and you'd end up pouring the sand back on top of the mussels.

4. Rinse and Scrub

Use a firm brush to brush off any additional sand, barnacles, or other oceanic attachments. Rinse under cool tap water and set them aside. Dry with a towel before cooking.

Source: Adapted from Damn Delicious