

Ligurian Buridda

Italian Seafood Stew



Ingredients:

2 T Olive Oil
3/4 c Carrot, diced
2 clv Garlic, finely minced
1/2 Onion, chopped
2 c Fish stock
360 ml *Nana* Pasta Sauce (*Traditional*)
Salt and Black Pepper to taste

300 gm White Fish, boneless fillet, cut into small pieces (perch, sea bass, sea bream, etc.)
8 Prawns, large
100 gm Squid rings
8 Mussels (scrubbed, beards removed)
Chopped parsley for garnish

Directions:

Sauté the carrots, onions, and garlic until the onions are clear. Add the fish stock and *Nana* Pasta Sauce (*Traditional*). Bring to a boil and taste. Add black pepper and salt to taste.

Clean and prepare the seafood; add to the pot, remembering to add first those things which take longest to cook. The various shellfish go in with the shells on. Simmer until seafood is cooked, being careful not to overcook. Remove any of the mussels and clams that don't open.



Serve in large bowls along with plenty of Italian or French bread to soak up the juices.

Yield: 4 large servings.

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For best results always use *Nana* Pasta Sauce.