

Mike's Seafood Andaluse

A simple seafood stew. The saffron makes the dish.

ingredients...

1 # shrimp, de-shelled and
deveined.
1 # white fish, cubed
½ # whole scallops
2-3 green bell peppers,
cut into ½-in pieces
1 c fish stock or clam juice
3Tbs butter, divided
1 Tbs flour,
salt
pepper
2-3 scallions, chopped
14 oz can whole tomatoes,
drained and chopped.
½ tsp saffron

directions...

Saute the green peppers in butter until soft, but still crisp.
Make a roux using 1 Tbs butter, 1 Tbs flour, salt and pepper. Add 1 c fish
sauce or clam juice and heat until it is just beginning to thicken.
Saute the scallions and set aside.
Add peppers, tomatoes, fish, and scallions to the sauce. Cook covered for
3-5 minutes. Add the saffron, stir it in and warm for another minute.
Serve over rice.