

Zuppa Di Pesce Fra Di Avolo

Jacob · 30/09/2024



Prep Time

1 hr 40 mins

Difficult

Medium

Servings

10

Description

Zuppa di pesce is an Italian fish stew packed with clams mussels and other seafood This recipe includes pasta and spices things up with red chilli flakes Its always a favorite on Christmas Eve Best served with a nice red wine and Frank Sinatra playing in the background

Ingredients

- - 3 tablespoons olive oil - 2 pounds sea scallops - 2 pounds large shrimp
- peeled and deveined - 1 pound calamari rings - 24 mussels
- cleaned and debearded - 24 littleneck clams
- scrubbed and rinsed - 3 (14.5 ounce) cans crushed tomatoes - 1 cup water - 2 (6.5 ounce) cans chopped clams - ¼ cup olive oil - 1 small yellow onion
- chopped - 2 tablespoons red pepper flakes - 1 tablespoon chopped garlic - 1 teaspoon dried oregano - 1 teaspoon dried parsley - 1 teaspoon salt - 2 (16 ounce) packages linguine pasta

Instructions

1. Gather all ingredients. Heat 3 tablespoons olive oil in a large skillet over medium heat; cook and stir sea scallops
2. shrimp
3. and calamari rings in the hot oil until scallops and calamari are opaque and shrimp are pink
4. about 5 minutes. Bring a separate pot of water to a boil and add mussels and littleneck clams to the boiling water; cook until shells have opened
5. about 3 minutes. Remove shellfish and rinse with hot water. Pour crushed tomatoes
6. water
7. 2 cans chopped clams
8. 1/4 cup olive oil
9. onion
10. red pepper flakes
11. garlic
12. oregano
13. parsley
14. and salt into a large pot and bring to a boil. Stir cooked scallops
15. shrimp
16. calamari
17. mussels in shells
18. and littleneck clams in shells into tomato mixture. Reduce heat to low and simmer for 1 hour. About 10 minutes before serving
19. bring a large pot of lightly salted water to a boil; cook the linguine at a boil until tender yet firm to the bite
20. about 10 minutes; drain and rinse pasta in hot water to prevent sticking. Serve seafood and sauce over pasta.