

Chef from the Hood Recipes



Chef:
Scott Snyder

Restaurant:
Sassafras Restaurant & Wine Bar

Recipe:
Sassafras' Seafood Stew!

Ingredients:

- 1) Sauté in a pot:
1 cup chopped onion,
1/2 cup chopped celery,
2 teaspoons finely chopped garlic,
in 1/4 cup olive oil (for 5 minutes)
- 2) Add the ingredients below:
2 bay leaves
1 teaspoon fresh thyme
or 1/4 teaspoon dried thyme
1 tablespoon chopped fresh basil
2 sprigs chopped Italian parsley
1 pinch saffron thread, crushed
1 teaspoon grated fresh orange peel
the juice of 1/2 an orange
1/4 cup tomato paste
1 chopped fresh tomato
2 quarts fish stock or chicken broth
2 cups dry white wine
- 3) Boil, then simmer 30 minutes.
- 4) Remove bay leaves, puree stock
briefly, strain through a coarse strainer.
- 5) Bring stock back to simmer, & add
seafood:
1 pound salmon or halibut filet (cut into 1²
cubes)
1/2 pound shrimp (shelled, deveined,
large tiger prawns)
3/4 lb. sea scallops
3/4 lb. crab meat
- 6) Simmer 7-10 minutes on low heat.

The seductive steam rising from a bowl full of sea scallops, shrimp and salmon in a saffron flavored broth make Scott Snyder's 'stew' a sensuous meal for you, your sweetheart and six seriously good friends. If you and your love are serious seafood lovers, you could probably devour the whole potful, so make it as an intimate dinner for two. (Leftover stew will reheat nicely.) Chef Scott likes to serve his stew with polenta, rice or a nice loaf of artisan bread alongside.