

SOUTH SHORE

Acadian Seafood Stew

For 2 people

Stew base

⅓ cup (25 ml) flour
⅓ cup (25 ml) butter
2 cups (500 ml) fish stock
1 stalk celery, chopped
1 carrot, chopped
1 tbsp (15 ml) onion, chopped
½ green onion, chopped
⅓ cup (25 ml) tomato paste
1 tsp (25 ml) chopped garlic
1½ tsp (7 ml) Cajun seasoning

Seafood

½ lb (250 g) fresh haddock
6 oz (175 g) scallops
8 large shrimps, peeled
8 mussels

In a pot, melt butter. With heat on medium, add flour and stir constantly for 3-4 minutes, making sure it doesn't brown. Gradually add the fish stock, stirring constantly as it thickens. Add the remaining ingredients. Bring to a boil and then allow to simmer for a half hour or until vegetables are cooked, stirring occasionally.

Add seafood to the stew base. Cook until fish is tender and mussels are opened. Finish off with a dab of 35% cream and serve with garlic toast.

RECIPE PROVIDED BY:

The Grand Banker, Chef Cindy Weaver
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