

Paul's Seafood Soup

Serves four to six

This flavor-filled, low-calorie, low-fat soup comes together in less than 30 minutes to make a very special lunch or supper

Into a stock pot or large saucepan, place:

- 4 cloves garlic, minced
- 1 medium onion, chopped
- 2 green onions, chopped fine
- 1/2 tsp. herbs de Provence
- 1/2 tsp Kosher salt or sea salt
- 2-3 pinches of red pepper flakes
- 1/4 tsp freshly ground black pepper

Add to stock pot:

- 1/2 bottle (2 cups) dry white wine
- 2-3 bottles clam juice (16-24 oz.)
- 1/4 cup Marsala

Bring to simmer and add:

- 1 cup diced canned tomatoes plus a little of their liquid
- 1 cup or more sliced cooked sausage. (We used pre-cooked smoked turkey kielbasa. Andouille or linguisa sausage is also good, but if raw, cook first.)

Simmer until onion softens, approximately 10-15 minutes, while preparing the seafood.



Mamma Ró tablecloth, glassware, ladle, and Linea Cotto ceramics.

Clean and prepare seafood:

- 16-20 fresh prawns, shelled and deveined (4/person)
- 20-30 hard shell or steamer clams (5/person)
- 8-12 sea scallops (2/person), quartered, or 32-48 bay scallops

Bring stock in pot to a boil, add seafoods. Cook until clams open, then remove from heat and serve immediately in warmed bowls.

This soup is delicious as is, or pour over polenta rounds or thick slices of bread that have been topped with asiago cheese and baked in a 450 degree oven until cheese melts. Place polenta round or bread slice in the bottom of each soup bowl then ladle soup over the top.



La Vita Vera

from



MammaRó

940 N.W 23rd Avenue • Portland, OR 97210
(503) 241-4960

220 "A" Avenue • Lake Oswego, OR 97034
(503) 699-7476

www.mammaro.us