



FISH & BEAN STEW

INGREDIENTS

Makes 4 generous servings as a first course or 8 appetizer bowls

*Note: you can adjust the amount fish you use, adding more if you want this to be a main dish

2 scallions, sliced (Use 1 for beans, 1 for fish marinade)
1 med onion, chopped (1 heaping cup)
1 large carrot, diced (1 cup)
2 stalks celery, diced (1 heaping cup)
2 garlic cloves, thin slice (beans)
2 garlic cloves, crushed (fish)
2 32 oz cans Cannellini beans
12 shrimp, cleaned & deveined (12-14 oz)
10-12 oz cod, cut into chunks
10-12 oz. Sea scallops
Red pepper flakes to your taste
Magic 3 (Olive Oil, Salt, Pepper)
1-2 T Butter
1/4c White wine
Parsley to finish

INSTRUCTIONS

1. Wash and thoroughly dry all the fish.
2. Marinate the shrimp, cod, scallops with scallion slices, crushed garlic, 1/4 t red pepper flakes, 3/4 t salt, 1/2 t black pepper and 2-3 T oil. Refrigerator while you cook the bean portion.
3. Chop and dice all your vegetables.
4. Sauté the onions, scallions, carrots, celery for 10 -12 minutes then add the garlic slices, season with 1/2 t salt, 1/2 t pepper, 1/4 t red pepper flakes and cook another 2-3 minutes until soft and tender.
5. Add the beans with some of their aguafaba juice and let simmer for 10 minutes until flavors meld. Taste for seasonings and add accordingly.
6. While the beans are cooking, sauté the fish individually (shrimp, then cod, then scallops last) in a cast iron pan or skillet. Once each batch is cooked place them on a plate until you are ready to plate.
7. In the same hot pan, sauté any remaining scallions and garlic from the marinade adding a bit more oil, a pat or two of butter. Once softened then add a few splashes of white wine to deglaze the pan. Reserve this au jus to drizzle over the finished plate.

You can either plate it family style using on big platter with beans on the bottom and fish stacked on top. Or individually plate it as I did, spooning the beans then placing the fish on top of each bowl, sprinkle with chopped parsley and drizzle that delicious, concentrated jus over top.