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Seafood Fra Diavolo

Serves 4-6

Ingredients:

6 oz. good olive oil	½ teaspoon of black pepper
8 cloves of garlic, finely sliced	1 teaspoon red pepper flakes
2 two small Spanish onions, finely diced	1 large handful of julienned fresh basil leaves
2 28 oz. cans of imported crushed tomatoes	1 lb. linguine (you will have extra sauce)
1 teaspoon of salt	2 inches of anchovy paste

In a medium saucepan over medium heat, add the oil. Once heated, add the sliced garlic, onions, red pepper flakes and anchovy paste to the pan. Cook this until the onions and garlic are soft. Next, add the crushed tomatoes, salt and pepper and stir. Allow the sauce to come to a simmer and cook for 30 minutes. Remove from heat and add the chopped basil.

Seafood:

¼ cup of olive oil	½ lb. shrimp
½ teaspoon of red pepper	1 Dozen cleaned Little Neck Clams
1 lb. mussels	chopped basil
½ lb. cut squid	chopped garlic-3 cloves
1.5 cups of the above sauce	
1/2 cup white wine	1LB Linguine

I like to make the sauce and the seafood separately. Above is the sauce recipe.

Bring a large pot of salted water to a boil. Add the linguine and the rest of the cooking should take as long to cook as the pasta.

In a large sauté pan heat the oil, chopped garlic, and red pepper. When the garlic is just starting to crisp add the shrimp and scallops to sauté for a minute, just to put a crust on them. Now add the clams and white wine and let this cook for about two minutes. When the clams start to open, add the squid, mussels and the red sauce. Cover for about 3 minutes. When you lift the lid the mussels and clams should have all opened. Finish the dish with chopped basil.

Place the pasta in a large bowl and top with the Seafood Fra Diavolo. Fra Diavolo roughly translate to “among the devil” or “brother devil.”



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Branzino w/ Tomatoes and Capers

Ingredients:
Serves 4

4 Fillets of Branzino fillets-Skin on
kosher salt
black pepper
2 tbsp. of extra virgin olive oil
1 cup of grape tomatoes, sliced in half
2 tbsp. capers, drained
1/4 cup of dry white wine
1 tbsp. of cold unsalted butter
2 tbsp. chopped parsley
Arugula
Lemon juice

Pre-heat your pan, either a non-stick or a cast iron.

Make sure the Branzino fillets are patted dry and have been deboned- there may be some bones up by the neck. Slice through the skin ever so slightly, you don't want to cut through the meat. This will prevent the fish from buckling when heated. Salt and pepper the fish and add oil to the pan.

The pan should be very hot and a bit of smoke rising at this point. Add the fillets, skin side down first and press them to the surface to ensure even cooking. Cook for about 3 minutes and then turn to the flesh side for another 30 seconds to a minute.

Remove from the pan and set aside, skin side up.* Now add the tomatoes, capers and an addition turn of olive oil. When the tomatoes start to soften just a bit, add the white wine and let it reduce for about a minute.

Remove from the heat and stir in the butter and parsley. Pour this over the fish and serve with a handful of lemon and olive oil dressed arugula for a refreshing bite.

* I like to keep the fish hot in a 200° oven. Like my Grandfather-Big Pa- I like my food hot!