The AlphaGal Kitchen Recipe by: Jon Smith



Spicy Seafood Stew

This spicy seafood stew can be made with all sorts of seafood. The addition of scallops, crab, mussels, and squid would all be wonderful.

Ingredients:

2 dozen middle neck clams

- 1 lb large or fresh jumbo shrimp (shell on)
- 1 lb cod cut into bite size pieces
- 1 TBS chili sauce (see image below)
- 1 TBS garlic chili sauce (see image below) Green onions, slice thinly in 4" lengths Water

½ - 1 cup dry white wine

kosher or sea salt (for purging the clams)

Directions:

Scrub clams clean and purge them by dissolving 1/3 cup salt in one gallon of cool water. Place clams in the water and let sit for 30 minutes. After 30 minute, you may want to dump the water and repeat. I purge a total of 3 times and there was no sand or grit in the stew.

Peel and devein the shrimp, reserving the shells. Place the shells in a small pot and add enough water to cover the shells. Boil for 15 minutes to make a simple seafood stock. Drain the shells and reserve the liquid.

In a stock pot or Dutch oven, add the stock, white wine, chili sauces and bring to a boil. Add the seafood and cover. Cook until the clams open, the shrimp have turned pink and the cod is cooked through, add green onions for the last minute. This only takes a few minutes. Taste the broth and adjust with salt or additional white wine, if necessary. Do not eat any clams that have not opened, as they may have been dead.



