

SEAFOOD WITH WHITE BEANS



Ingredients (serves 6 people):

- Olive oil to taste
- 2 tbsp unsalted butter
- 2 cloves garlic, minced
- 1 chopped onion
- 1 chopped red pepper
- 12 clean clams in shell
- 12 clean mussels in shell
- 200 g of skinless whitefish and bones, cut into large cubes
- 2 tentacles of cooked octopus cut in diagonals
- 200 g of headless and shelled shrimp
- 200 g of clean squid cut into rings
- 200 g of cockles cooked without shells
- ½ kg of white beans
- Black pepper grains to taste
- 1 liter of fish stock
- 2 bay leaves
- Salt to taste
- Black pepper to taste
- Chopped parsley to taste
- 2 Sicilian lemons cut into four parts

2 pack cabbage cut in chiffonade

Preparation:

1. Soak the beans overnight.
2. Cook the beans with the fish stock, 2 bay leaves and peppercorns until tender. Reserve with the liquid.
3. Season the shrimp, fish, squid and octopus and cockles with salt and pepper.
4. In a pan heat a drizzle of olive oil and fry the prawns and squids a little at a time. Reserve.
5. Heat a little more olive oil and fry the fish. Reserve.
6. Heat a little more olive oil and fry the octopus quickly. Reserve.
7. In the same pan heat a drizzle of olive oil and brown the onion, garlic and pepper.
8. Add the pre-cooked beans with liquid.
- 9 If necessary, add water.
10. Bring to a boil for ten minutes until the stock is thickened.
11. Add seafood and fish.
12. Let it cook for 5 minutes.
13. Add cockles and cook for 5 minutes.
14. If necessary, adjust salt and pepper.
15. Add the mussels and clams.
16. Cook for 10 minutes.
17. Add parsley to taste.
18. Boil for another 5 minutes.
19. Fry the cabbage in butter.
20. Serve with Jasmine rice, cabbage and slices of Sicilian lemon.