

# House De-lites™

## Florida Seafood Stew

- 1/4 cup olive oil
- 1/4 cup finely chopped onion
- 1 teaspoon finely chopped garlic
- 1/2 teaspoon crumbled sage leaves
- 1/2 cup dry white wine
- 2 tablespoons tomato paste, dissolved in 1 cup water
- 1/2 cup bottled clam juice
- 2 bay leaves
- 1 teaspoon salt
- 2 1-lb. lobsters, cut up
- 1/2 lb. each of 2 kinds of fine white fish (bass, snapper, haddock, flounder) cut into 2-inch pieces
- 1/2 lb. sliced sea scallops
- 2 tablespoons finely chopped fresh parsley
- 1 freshly grated lemon peel

Heat olive oil in heavy 4 to 6 qt. saucepan. Add onion, cook over medium heat, stirring frequently, for 8-10 minutes, or until lightly colored. Add garlic and sage. Cook, stirring for 1 minute longer. Pour in wine, boil briskly over high heat, stirring constantly, until reduced to about 1/4 cup. Add tomato paste and water, clam juice, bay leaves and salt. Reduce heat and simmer sauce, partially covered, for 10 minutes. Add lobster; cover and cook another 5 minutes. Add the white fish; cover, cook 5 minutes. Add scallops; cook, covered, for 5 minutes longer. Spoon fish and seafood into individual bowls; ladle in sauce. Sprinkle with chopped parsley and grated lemon peel.  
Serves 6

Original, healthy recipes that not only taste great but are good for you. Compliments of your neighborhood real estate expert.

