

**Italian Seafood Stew**

Yield: 6 - 8 servings

WHAT YOU WILL NEED

2 pounds Rouses Wild Caught shrimp 21 count peeled cleaned and deveined
4 Tbsp Partanna olive oil
1 sliced onion
1 fennel bulb, chopped
2 tablespoons black olives finely chopped
3 garlic cloves, chopped
2 Tbsp Cento tomato paste
1/4 cup Sambuca or other anise-flavored liquor
1 cup Red Wine (12 eMezzo Negroamaro Del Salento)
2 14-ounce can of Mutti Pomodoro Peeled Tomatoes chopped
Salt and pepper
1/2 cup parsley, chopped
1/4 cup fennel fronds (top leafy part) chopped
1 lb. Cooked Luigi Vitelli Rotini Pasta

HOW TO PREP

1 Sauté onions, fennel, garlic: Heat the olive oil in a large pot over medium-high heat. When the oil is hot, add the onions and fennel. Stir to coat with oil and sauté, stirring occasionally, until it begins to color, about 5-6 minutes. Sprinkle some salt over it.

Add the garlic cloves and tomato paste and stir well to combine. Cook this for another 2-3 minutes, stirring once or twice.

2 Add the red wine, stir well, and increase the heat to high. Boil until the liquid is reduced by half.

3 Add the Sambuca or other anise-flavored liquor, and the crushed tomatoes and olives.

4 Stir in the shrimp and bring the pot to a gentle simmer. Simmer for at least 1 hour.

5 Season to taste with salt and pepper: Add the chopped parsley and fennel fronds. Stir well to combine and serve over rice or pasta!.

Recipes prepared by Rouses Chef Nino