



Brodetto

This is a traditional dish from the coastal town of Abruzzo in the east coast of Italy. Here they make a delicious seafood stew predominately with shellfish from the Adriatic Sea. Feel free to play with different fish like gurnard, monkfish or octopus. Traditionally there isn't any starch in this dish, apart from crusty bread. You can of course use beans as we have done or new potatoes, even lentils. It's a quick and easy dish to cook, so have everything prepped and ready to go for a strong and delicious finish!

Ingredients:

200g mussels

200g clams

200g prawns

200g squid

130g (raw weight) of cooked white beans (follow the instructions on the packet)

1 tub Sandys tomato sauce

1 tub Sandys prawn sauce

2 large shallots diced

2 cloves garlic crushed or chopped

1 red chilli sliced

2 tbsp chopped parsley

20ml olive oil

50 ml white wine

8 cherry tomatoes halved

Method:

- Heat a large thick bottomed wide pan, with a tight fitting lid. With the lid to one side, heat the pan and add the olive oil
- When the oil rolls around the pan loosely add your shallots, chili, garlic and cherry tomatoes
- Stir three or four times, add your shellfish and white wine, and put the lid on, cook for about 1 minute or until the mussels and clams start to open
- Add your beans and give a stir
- Add the prawn and tomato sauce and the parsley
- Put the lid back on and bring to the boil and cook for about another 3 -5 minutes

Chef's Tip:

When you cook your beans it's always best to soak them overnight. Add a stick of celery, a shallot, a carrot cut in half and a couple of bay leaves upon cooking the beans and of course they can always be done the night before and stored in the fridge. Just be mindful they will be cold, so let them come to room temperature before adding.