
Zuppe Di Pesce Alle Laziale

*Chef Flavio Cristofoli - Bella Roma Restaurant - Siesta Key, FL
Sarasota's Chef Du Jour - 1992*

1 small snapper fillet
2 lobster tails
8 large shrimp
8 crab claws
8 mussels
8 ounces squid (optional)
1 clove garlic
pinch red pepper flakes
1 small bunch fresh parsley, chopped
16 ounces fish stock or clam juice
6 ounces tomato sauce
1 glass white wine
1 loaf Italian bread
salt
pepper

Cut all of the seafood into one-fourth pieces.

In a skillet, saute' the garlic clove and red pepper flakes in olive oil. When the garlic turns a golden color, remove from the heat and set aside.

Coat the bottom of a large saucepan with olive oil. Place all of the seafood into the saucepan. Sprinkle wine over the seafood and add the tomato sauce, fish stock, parsley, salt and pepper. Cover and cook slowly over low heat for 15 to 20 minutes.

Cut the Italian bread into sixteen thick slices. Coat each slice with olive oil, garlic, salt and pepper. Place the bread on a sheetpan. Bake in the oven until the bread is crispy.

Place two slices of bread on each serving plate. Cover the bread with seafood.

Yield: 4 to 8 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 1041 Calories; 13g Fat (11.9% calories from fat); 182g Protein; 35g Carbohydrate; 5g Dietary Fiber; 728mg Cholesterol; 3436mg Sodium. Exchanges: 1/2 Grain(Starch); 24 1/2 Lean Meat; 3 Vegetable; 0 Fat.