

RECIPE: SPRING SEAFOOD STEW

CONDIMENTS & OIL

Extra virgin olive oil (suggested brand: B.R. Cohn), 1 fl oz.

FISH & SHELLFISH

Bay scallop, 8 oz.

Shrimp, 8

JUICES

Lemon juice, 1 fl oz.

VEGETABLES

Asparagus, 4.79 oz.

Fava beans, 2.68 oz.

Carrot, 2 oz.

Celery, 2.14 oz.

Fennel bulb, 1.55 oz.

Garlic, 0.61 oz.

Sugar snap peas, 1.69 oz.

Red bell pepper, 1.33 oz.

Fresh chives, 0.43 oz.

Fresh Italian parsley, 0.54 oz.

MISCELLANEOUS

Spanish chorizo or Andouille sausage, 1 cup

Yellow Spanish onions, 1 cup

Hot and mild chiles (i.e. Anaheim, Poblano, Jalapeno), 0.5 cup

Carolina short grain rice, 0.5 cup

Wild King Salmon filet, 1 lb.

Vegetable broth, 4 cups

Kosher salt and freshly ground black pepper, to taste

½ teaspoon B.R. Cohn Balsamic Shallot mustard

2 cups vegetable stock, fish stock or water

1 bay leaf