

WEDNESDAY, MARCH 11, 2009

# EATING

## Dinner in one pot



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**SAUTE:**

- 1 tbsp oil
- 4 tsp garlic, chopped
- 4 3-ounce red snappers
- A combination of peeled shrimp, Littleneck clams, mussels and boiled salt shell crabs\*
- 1/2 cup white onion, sliced
- 1/2 cup fennel, chopped
- 1/2 cup yellow bell pepper, roasted, peeled and julienned
- 1/2 cup passion fruit
- 8 oysters, shucked with their liquid
- 8 baby octopus, boiled in salted water
- Salt to taste

**Directions:**

**CHILI MIXTURE:**

1. In a 2-quart saucepan, heat 1 quart of water. Add carrots, tomatoes, onion,

garlic, chiles, cinnamon stick, allspice and bay leaves, and bring to a boil. Cover and simmer over low heat for 15-20 minutes or until carrots are soft.

2. Puree in a blender until smooth. Strain through a food mill or fine mesh sieve to remove seeds and skins.

3. Mix chili mixture with fish broth and let simmer until flavors are combined, about 10 minutes. Reserve this broth.

**SAUTE:**

4. In a heavy bottomed pan heat the oil and sauté the garlic, stirring con-

stantly, about 30 seconds.

5. Salt red snapper and add to the pan and sear, skin side down for 3 minutes.

6. Add shrimp, clams, mussels, crab and vegetables to the pan and sauté everything for 3-5 minutes.

7. Add the broth and bring to a boil. Cover and cook until clams and mussels open. Add oysters and baby octopus at the last minute.

**Serves 4-6**

\*The breakdown is at amNY.com  
Courtesy of Pasa Mexicano restaurant, Pasamonte.com



This traditional Mexican seafood dish is a tasty cure for winter blues.