



Maine Fishermen's Forum 2016
"Tour of Italy"
Authentic Italian regional dishes



Stufato di Pesce (Sicilian Seafood Stew)

Serves: 4-6

<i>1/4 cup extra-virgin olive oil</i>	<i>1 tbsp. tomato paste</i>
<i>1 white onion, chopped</i>	<i>1 1/2 cups dry white wine</i>
<i>1 tbsp. minced flat leaf parsley</i>	<i>1-2 Bay Leaf</i>
<i>1/2 tsp. dried oregano</i>	<i>2 (14-oz.) cans diced tomatoes with juice</i>
<i>1/2 tsp. red chili (red pepper) flakes</i>	<i>Kosher salt and freshly ground black pepper, to taste</i>
<i>5 cloves garlic</i>	<i>1 cup fish stock or clam juice</i>
<i>1 (1-lb.) monkfish filet, cut into 2" pieces</i>	<i>About a dozen large shell-on shrimp</i>
<i>12-15 mussels, scrubbed and debearded</i>	<i>OPTIONAL: 12 oz. calamari and/or baby octopus,</i>
<i>1 loaf good Italian Bread (sliced for garlic bread)</i>	<i>cleaned and cut into 1" pieces</i>

- Heat oil in a large stockpot over medium heat. Add onion and garlic, cooking/stirring until the onion is softened, about 5 minutes.
- Now, Stir in wine and bring to a boil; cook for 3 minutes, then add stock, parsley, bay leaf, oregano and crushed red pepper.
- Cover, leaving the lid slightly ajar; simmer, stirring occasionally, until the broth is concentrated and cooked down a bit, 20 to 30 minutes.
- If used, add calamari and octopus, and cook, stirring occasionally, until opaque, about 4 minutes



- Add tomato paste, stir well. Add tomatoes along with their juice, season with salt and pepper, and cook, stirring occasionally.
- Add mussels, cover and cook for 2 minutes. When the majority of them are all open, add shrimp and fish, cover and simmer until the shrimp turns pink and the fish is opaque, 4-6 minutes. Pull out and discard any mussels that haven't opened by this point.
- Discard the bay leaf. Taste and adjust seasonings with salt and pepper.
- Cook, covered, until the fish is just cooked through, about 10 minutes.
- Toast bread, and rub liberally with remaining garlic clove. Ladle stew between bowls, over bread or with bread on the side.





Linguini 'Mare e Monti' (sea to mountains)

Yield – 2-3 servings

4 oz dry Linguini pasta PER PERSON (yields 2 cups of cooked pasta)

Thick cut Pancetta (thick cut bacon works fine) (about 2 slices per person)

3-4 Fresh mushrooms, cut into chunks

¼ cup of extra virgin olive oil

Several Garlic cloves, finely chopped

½ of a white onion, thinly sliced

½ cup white wine

10-20 pitted (deli style – NOT canned) greek olives

6 cherry or grape tomatoes

½ bunch of Italian flat leaf parsley, rough chopped

15 or so Fresh mussels, rinsed, beards removed

- In a stockpot, cook up the linguini and drain
- While the pasta is cooking, in a large frypan or pot, add a couple tablespoons of the olive oil. Place over medium heat.
- Chop up the pancetta into bite sized pieces and add to the oil. When the pancetta begins to brown a bit, add the thinly sliced onion and garlic and mix. Once the onions begin to sweat, add the mushrooms and olives. Mix well.
- Add the mussels and white wine to the pan, mix and cover the pan to cook the mussels. While waiting for the mussels to cook, chunk up the tomatoes (cut in half) and add to the pan. Add the parsley to the pan.
- Continue cooking for 5-7 min or until the mussels all open up. Now, add the remaining olive oil to the pan and mix. This adds creaminess to the mix.
- Once the mussels open up, add the pasta to the pan and mix. Discard any mussels that haven't opened up by this point. Plate the dish and use a spoon to serve sauce and mussels with the pasta. If desired, drizzle a bit more olive oil on the pasta after plating.





Cacio de Pepe (Cheese and Pepper)

Yield: 4 servings

1 lb of fresh (preferred) pasta (whole wheat doesn't work well with this)

2 TBL unsalted butter

½ lb Romano cheese (fresh grated is preferred)

¼ cup of pasta water

Freshly ground black pepper

Optional – For Cheese Bowls

½ cup Parmesan cheese per bowl

1 small bowl or coffee cup (to form the cheese bowl)

Optional –

10 oz of precooked bay scallops

2 precooked boneless/skinless chicken breast, cut into bite size pieces

- Cook the spaghetti al dente style. When the spaghetti is done, remove the spaghetti but save the pasta water.
- In a large fry pan, melt the butter on medium heat.
- Add a generous layer of cracked pepper over the melted butter.
- Add about ¼ cup of the pasta water to the pan and heat until boiling.
- Toss in the pasta and mix well with the buttered water.
- Add the Romano cheese to the pan. Mix until the pasta and cheese are well melted together.
- Garnish with more Romano cheese and cracked pepper if desired.

See optional steps next page



Optional – Making the cheese pasta bowls

- The size of cheese bowl you want to create will reflect on how much cheese you should use.
- Heat a large dry frying pan on low heat until warm.
- Spread the Parmesan cheese evenly around the pan. The cheese layer can't be too thin or too thick or it breaks or falls apart.
- Once the cheese is fully melted, remove from heat and let it cool for 3-5 minutes until the cheese is soft and pliable.
- With a spatula, turn the pan upside down and CAREFULLY peel the cheese over your upside down bowl or cup.
- Form the cheese around the bowl/cup and let the cheese cool over the bowl until semi-hard.
- Once semi-hard, remove the cheese from the bowl. Finish molding the bowl as desired.
- When pasta dish is done, swirl some pasta and sauce into each cheese bowl. Serve!

Optional – Adding Seafood/Chicken

Using Scallops –

- Rinse and pat dry the scallops.
- Add 2 tsp unsalted butter and 2 tsp Extra Virgin Olive Oil to a large saute pan on high heat.
- Salt and pepper the scallops. Once the fat begins to smoke, carefully add the scallops, making sure they are not touching each other.
- Sear the scallops for about 1 ½ minutes on each side.
- The scallops should have a ¼” golden crust on each side while still being translucent in the center.
- Add to completed pasta dish and mix in.

Using precooked chicken breasts –

- Simply slice up the chicken breasts into bite size pieces and add to the completed pasta dish. Serve!

